

THE
MARROW
OF
PHYSICK;

OR,

A Learned Discourse of the several
Parts of Mans Body.

BEING A
MEDICAMENTARY
TEACHING

The manner and way of Making and Compounding all
such Oyls, Unguents, Sirrups, Cataplasms, Waters, Powders,
Emplaisters, Pills, &c. as shall be useful and necessary in any
Private House, with little labor, small cost, and in short time.

And also an Addition of divers experimented Medi-
cines, which may serve against any Disease that shall
happen to the Body.

Together with some Rare Receipts for Beauties, and
the newest and best way of Preserving and Conserving: With
divers other Secrets, never before published.

By *Tho. Brugis* Doctor in Physick.

L O N D O N :

Printed for Peter Parker in Billiter-Lane. 1669.

THE MARRIOTT OF PHYSIC

OF
A Learned Dissertation of the several
Parts of Man's Body
BEING A
MEDICAMENTARY



By J. P. Dugan Doctor in Physick

Printed for J. P. Dugan in Dublin



To the Honourable and singularly
 vertuous,
 M^{rs} MARGARET EVRE,
 The Authour consecrateth these his
 Labours.

Honourable Mistrisse :



*There hath ever been a custome
 in dedicating labours to
 great Personages, to present
 such matter as may seeme
 (as it were) in affinity with
 the mind to whom it is offe-
 red, fitting it as Comicke
 Poets do their enterludes,
 to make them be plausibly heard of the whole audito-
 ry,*

The Epistle

ry, and herein have I strived to shape my subject to the affection of so Honorable a Patronesse, as your self, to whom I dedicate this rude peece; which I could have wished might have been undertaken by a more able workman, that our nation might not be deprived of that commodity, which other countries surfeit of; and I was the more encouraged in this resolve, that I might shew my gratitude to your self, whose many favours (though I come far short of deserving) yet I have alwaies been ambitious, in endeavouring to expresse an acknowledgement. And though I cannot come in so full a current as my desires would offer, yet such as my murmuring streams produce, I here present; resolving to expose this infant to the light of your judgement to be tried; & not hold him for legitimate till you approve him. Vouchsafe therefore to shroud under your protection this unpolisht worke, which I offer not as a present whereby I pretend to oblige you, but as a homage I owe you, whereby to acquit my self of the first act of veneration; as for me I find in your favour all I seek for; and having you on my side, I care not what malicious envy can do; having once your testimony, I can easily slight her calumnies; and though all her tongues were joyned together, yet can she say nothing against me, having

Dedicatory.

ving your Honorable approbation : to whom I protest so much respect, as that I may say without flattery, (complements being below the dignity of your stile) that you want much of that I wish you, if you want any thing of absolute felicity. And therefore the marks I herein chiefly aimed at, was not any vain hope of praise to my selfe (which how little I hereby deserve I am not so weak but to perceive) but to leave a testimony to my Country how much I desire her benefit, and to your self how much I am bound to remain

Mistrisse

Yours in all dutifull observance,

THO. BRUGES.

1840

1840

1840

1840



THE
Preface to the Reader.

Gentle Reader,



THE chiefest thing that induced me to publish these collections, was (besides the earnest intreaty of divers intimate friends) a principall aime at my countries good: and these I have the rather adventured to divulge, because there are contained many receits by me daily practised (and therefore need no *Probaturum* to be annexed) with divers varieties not published by any heretofore, which I hope will be to the great benefit, of all such as shall have occasion to practise any thing heerin contained; where I strive not to set forth an eloquent and lofty stile (as if it were some fancy delighting history) but a plaine way to helpe the poorer sort; Seeing therefore that I here
produce

produce a thing serious, and for the generall good; I hope the Readers hereof will vouchsafe me such countenance, as is usuall in serious weights, and most necessary occasions: some men perhaps will thinke that nothing good or secret will be put in Print, because these kinde of bookes are very difficult to be published in English; others againe knowing such things, would be loath to publish them and make the secrets of their science common, but I am rather of the Grecians minds, who once a yeare writ in the Temple of *Aesculapius* all the cures they had performed, and by what remedies; and I think with *Aristotle*, that a good thing is the better, the more common it is, and as *Cicero* saith we are not borne to our selves, nor should we have regard to our owne particular profit, in keeping the secrets of Physick so close; for a great number of people perish for want of meanes to procure the advise of a Physitian; when perhaps with a little instructions, they might have cured themselves; but we are to consider the generall good, and commodity of our country, and commonwealth; for in Italy, France, and other countries, scarce any Physitian
but

To the Reader.

but hath published some booke in his mother tongue, and rather then in any other language.

In this booke I have for thy better instruction, first collected a short introduction to lead thee into the method, & course that thou oughtest to observe; next I have shewed the manner of making and compounding all such medicaments (as will be usefull in a private house) with the nature and vertue of every receipt, which those that have formerly published some of these have failed to do: here also are inserted divers secrets for Beauties, such as have never before been published; next I have added a briefe way of conserving, and preserving, which by the Grace of God, I shall enlarge in the next impression: and lastly I have added all such medicines, as cannot be justly brought in. to the number of oiles, Vnguents, Plaisters, Poultisses, Waters, Powders, &c. And that I call a Miscellanea or Hottpotch; neither needst thou to marvel, because I have beene more curious in prescribing the sundry curations of diseases, then in unfolding the nature of them. If any booke come amongst the il-

The Preface

literate, let me make it the best waies that can be devised, yet it will not suffice; and the learned will not be content were it never so big: therefore I strive by diversity of medicines to fit every complexion, and make every man cunning in his owne constitution, and to know so much as will cure many ordinary and common diseases, which often fasten upon the ignorant, and to chase away a malady that hath caught hold on their bodies; for a Physition is not alwaies at hand, nor Apothecary ever to be had, whereby many have perished; but a little knowledge may prevaile in the beginning of an infirmity; as for such things as are very chargeable to be made, unlesse a great quantity be compounded, I thinke it will be better to store thy self at the Apothecaries.

I will not stand to amplifie my selfe because all that I seek in this book is to eschew prolixity; and because heerin I would not willingly exceed the bounds of a preface making the porch bigger then the house; the world daily produceth a sort of crickets, that rather will carp at a fault, then amend it, and regard more the
letter:



letter then the Authours intent, which indeed were lets sufficient to have staied me from publishing any thing, had not the reasons aforesaid mightily importuned me hereto: for he that sets forth any thing to the world must frame and fashion it just as *Solon* did his laws; frame them rather to the content, and willing observation of the vulgar, then to the rule of equity; and more to satisfie the opinions, and fantasies of men, then to serve the time.

For my owne part I have not heerby sought any vaine glory, and praise, by shewing the manner of compounding, and the nature of medicines, which I have done more faithfully, and more amply, then ever any hath done heeretofore in English; and this is comfort sufficient to me, though the world yield me not their approbation, that I have done something whereby others may reape profit. And if my book chanceto come under the censure of the learned, all I demand is, that if they cannot afford it their good wills and words, let them in like manner adventure themselves to be judged by others, as I have heer done: and thus

The Preface

Reader I end, only craving thy favourable acceptance : which will encourage me, if not to hazard the like again, yet at least to amplify and enlarge the next impression heereof; and also to consecrate all my studies only to thy commodity.



T. B.





A

Catalogue of such Authours, whose helpe
I have used in this worke.

A *Lbertus magnus.*
Aristoteles.
Arnoldus de villa nova.
Avicen.
Elins.
Bartholomeus.
Banister.
Baptista porta.
Bodinus.
Bayrus.
Cardanus.
Co. Celsus.
Clemens Alexandrinus.
Cornelius Agrippa.
Dodonæus.
Fallopins.
Fernelius.
Fuchius.
Galenus.
Guydo.
Hippocrates.
Iesus filius Hali.
Ioel.

Iohannis Lebot.

Iohannitius.

Iohannis Vigo.

Mefue.

Parreus.

Paracelsus.

Petrus Low.

Philip Barrow.

Ptolomens.

Rasis.

Reolanus.

Trallianus.

Weckerus.

And divers old Manuscripts, both Greeke, Latin, and
English, of sundry approved Authours, for Iudge-
ment and Practice.

THE

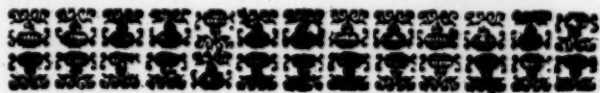


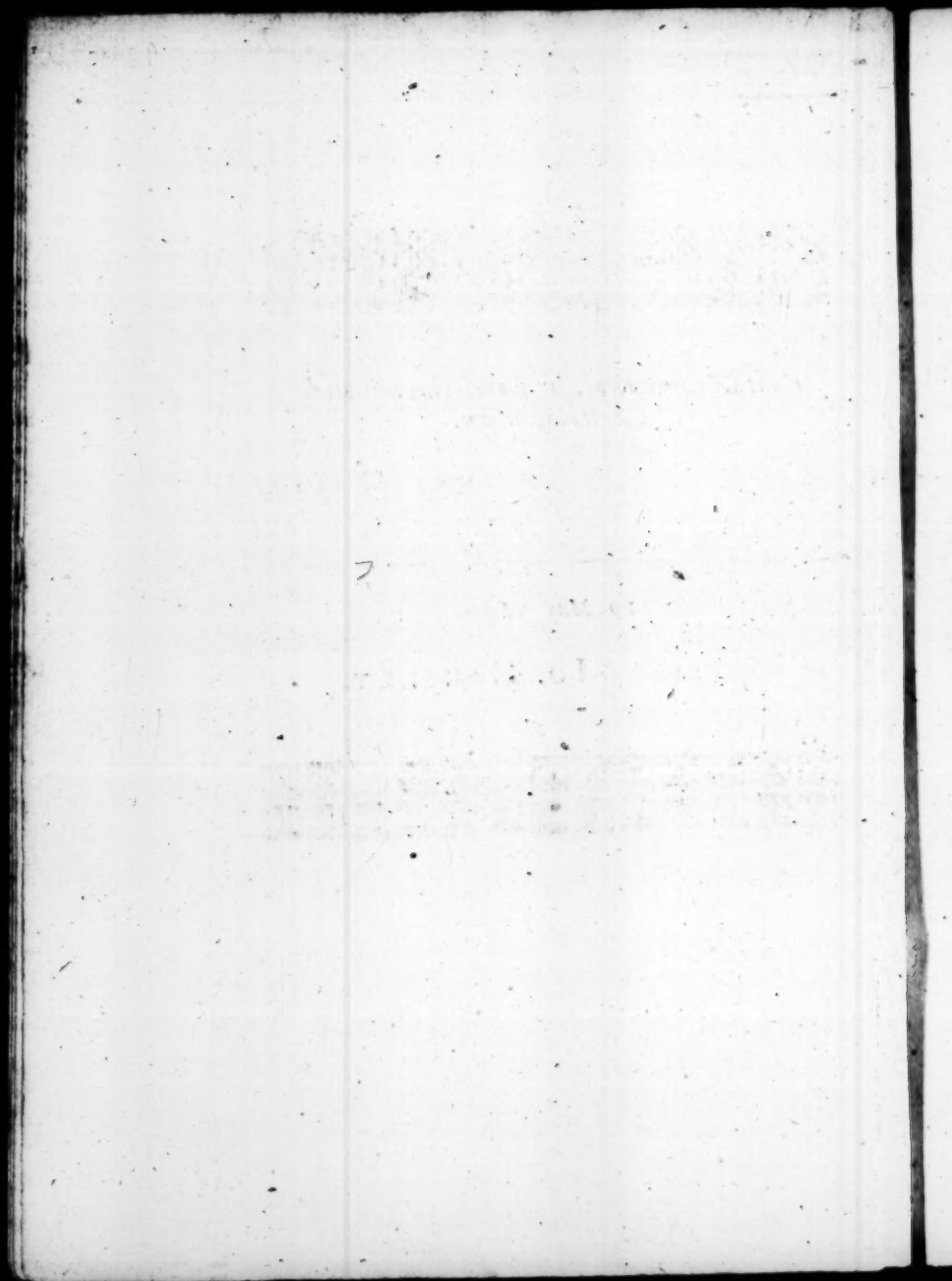
*Hunc Librum perlegi, in quo nihil invenio Med:
Arts contrarium.*

IOHANNES FRIER.

19. May 1640.

Imprimatur, IO: HANSLEY.







The Marrow of Physick.



THE most glorious and great Workeman, who excels all Wisedome, and is beyond all understanding, the most potent, wise, and mercifull Father, who is the uniter of all creatures, and by whom they have their being, who is the most potent and most excellent, being before all things, and having no need of any thing, but being sufficient in himself, and remaining in the most unsearchable closet of his Divinity, and out of his abundant goodnesse willing to bring forth things thought and determined on from all Eternity, did in the beginning create a certain essence of things, being, as it were, scarce fashioned into any shape, which by some is called the fountain or head from whence all other things flowed; by others, an empty plot of earth, producing nothing at all; by others, a Chaos; by some the mother of the world, the foundation of nature; but certainly the first he created was four Simples, which

B

are

are the four Elements of one and the same essence or matter, but of divers formes or qualities; and these, as I will shew heerafter more at large, are called Fire, Water, Earth, and Aire; and out of these he created all the rest that now are, both the things that are above, and also those beneath us: and that for this reason, because the creatures intended to be made, might be extracted from a certaine root, whereby they might multiply and increase in the world. Therefore first of all God created the four elements, out of which he afterwards created what he pleased: to wit, divers natures as the elements are divers: for if the elements had been made all of one nature, then had all creatures been so likewise. Now of this first matter he created the Angels, which he made only of Fire, not of firm substantiall fire, for then it must have been necessary that they had eaten, drank, and slept; but he made them of the most purest and thinnest part of pure, thin, and simple fire: and therefore they neither eat, drink, nor sleep. God created the Sun, Moon, and Stars of two elements, Aire, and Fire: and therefore are the Angels more bright, then either the Sun, Moon, or Stars, because they are created of one and that the most rare element; the other of Fire and Aire compounded.

God made the Heaven of Water and Aire, so it is compounded of one rare or light element, that is Aire, and of another heavy, that is Water: but he created the Fowls and brute Beasts of three elements, and also the Vegetables, that is to say, of Aire, Water, and Earth: certain are of the Earth and Aire; others of Fire, Aire, and Earth; of the last are the Fowls, and all things wherein remaineth a spirit; of the first are the vegetables, but
all

all bruit Beasts are of Earth, Aire and Fire, but the Vegetables of Earth, Water, and Aire, and they likewise partake of a kind of thin Fire, brought in with the Aire; and therefore when we say that Fire is in the Vegetables, we mean that thin fire that being in the aire is carried by it and with it into them.

God made Man of the four elements, as the most excellent peece of all his workmanship: he made him according to his own image naturally, according to his similitude spiritually; and from hence the Ancients gathered, that there were four worlds: the first whereof was *ultra mundanum*, which the Divines call Angelical, and the Philosophers Intellectuall: The next was, the Celestiall: The third, the Sublunar, which we inhabit: The last was Man, in whom all the rest were found: whereto the Schoolmen alluding, call Man the *Microcosmos*, or lesser World, in whom there is a mixture of the four elements; a spirit celestiall, a vegetable soul, and the sense and reason of brute beasts, an angelicall minde, and finally the whole similitude of God. Now as God hath made Man in this excellency, so he hath subjected all these things under him, and so fitted them to his use, that there is no disease can happen to our bodies, whereto the earth brings not forth a convenient medicine; and from hence sprung the originall of Physick, whereof divers have attained to such excellency, as that they have been worshipped for Gods: therefore for the further instructing of those that shall practice any of these my experiments, I have thought it convenient to publish such notes as I have in my Studies gathered from the best Authours that have written concerning the laudable Science of Physicke, and the Practice

thereof, which shall serve as a compendious Introduction to my Booke.

Physick defined. *Hippocrates* called physicke an addition, and a subtraction: an addition of things necessary, and a subtraction or taking away of the superfluous. Wherein he includes two principall offices of a Physitian, for a disease proceeds either from too much emptinesse, or from too much fulnesse. The first whereof is cured by adding what is wanting, and the latter by taking away that which exceeds.

Galen calls physicke a science of the healthfull, unhealthfull, and neuters, which are neither well, nor can properly be said to be sicke: and this is made good three waies; as the body, as the cause, and as the signe; that body is counted healthfull that enjoyes his perfect health, that cause is healthfull that procures health and is the meanes of preserving it. The healthfull signe doth show or indicate the present health; the unhealthfull body is affected with a disease, which is generated by an unhealthfull cause, and the manner and greatnesse of the griefe is shovne by the unhealthfull signe: a body is said to be neither healthfull nor sicke, when it is as it were declining and cannot be said to be perfectly well, nor altogether sicke.

But the more vulgar and common definition of physicke is this; Physicke is an art which preserves health in the sound, and restores it to the sicke, and preserves the neuters that are neither well nor sicke; and from hence it is said to be an art of things naturall; not naturall, and against nature, the former were according to the theory, these are according to the practise.

Things naturall doe agree with our nature, and are those

those things whereof our body is compacted and made, and are in number seven, *viz.* Elements, Temperaments, Humours, Members, Faculties, Operations, and Spirits. Things not naturall are those meane and indifferent things whereby the body is preserved in health, and are six in number: Aire, Meate and Drinke, Sleeps and Watching, Labour and Rest, Fulnesse and Emptinesse, or repletion and inanition, and perturbations of the minde. Things against nature are those that doe destroy our health, and are of thre sort: A Disease, the cause of a Disease, and a Symptome. Hereby you may understand the two parts, of Physicke; Theoricke, and Practique; and by the Theoricke know every disease and the quality thereof; and by the Practique to preserve health and cure a disease, by the due administration of things not naturall, and by removing of those that are against nature.

Things naturall, and which properly belong to the constitution of our body are (as I said before) in number seven:

Elements.	} whereeto are > annexed.	Sex.	} {
Temperaments.		Colour.	
Humours.		Composure.	
Members.		Time or season.	
Faculties.		Region.	
Actions.		Vocation of	
Spirits.		life.	

CHAPTER I.

Of Elements.

An Element
what it is.



AN Element is the most least, and simple portion whereof any thing is made, and in the destruction thereof is lastly resolved; which to say plainly, the foure first and simple bodies which accommodate and subject themselves to the generation of all manner of things, be the mixture perfect or imperfect. Thus *Aristotle* called the Heaven an Element, counting five parts of the world, Heaven, Fire, Aire, Water, and Earth. Of Elements we reckon foure, whereof two are grosse and heavy, and move downewards, as Earth and Water; and two are light, and strive upwards, as Fire and Aire. Earth is a simple body whose naturall place is the center of the universe, in which it naturally remains solid, and still round as an apple, in the middle whereof (as the ancient Philosopher writes) is the pit of hell, like as the blacke kernels lyeth in the midst of the apple, and at the day of doome when all things shal be renewed, then shall this Element be made a thousand fold more transparent and brighter then the Christall or any pretious Stone, that they that are in the bitter paines of hell (to their encrease of torment) shall through it behold the blisfull joyes of heaven, which will be more paine to them then all the torments of hell. Earth is of nature cold and dry.

Water is also a simple body whose naturall place is
to

to compas the earth; it is light in respect of the earth, but heaue in respect of the fire and aire: therefore *Reolannus* saith, that the earth holds the lowest part, because of it's heauinesse, and the fire because it is absolutely light, hath the highest place: the aire and water because they are, as it were, equally heaue or light, have the middle place: water being heavier then the ayre, lighter then the earth: the nature of water is cold and moist.

Aire is a simple body, whose naturall place is above the Water, and under the Fire, and is by nature hot and moist.

Fire is also a simple body, whose naturall place is above all the elementary parts, because it is a hollow superficies of the Heavens, and by its absolute lightnesse, striveth upward even to Heaven: its nature is hot & dry; these are so contrary in nature, that they cannot be joined without a meane, which is a temperament which falls out next to be treated of.

CHAP. II.

Of Temperaments.



Temperament therefore is a concord or *what is a* mixture of the former disagreeing ele- *Tempera-*ments, or a mixture of hot, cold, moist, *ment;* and drie.

Of these temperaments which are in number nine, eight are called distemperate, and one temperate.

The temperate is also devided either to temperature of

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Of these temperaments which are in number nine, eight are called distemperate, and one temperate.

The temperate is also devided either to temperature of

of weight or temperature of justice, but we call it not a temperature to weight wherein the elements are mingled by a like heape or weight, but where it is exquisitely made temperate by the equall mixture of the foure first qualities, wherein no quality exceeds, but wherein all equality is included, and that as if it were put in a ballance it drawes downe neither to this nor that parte.

*Secundum
iustitiam.*

A temperament to justice is that which is conveniently temperate to the vse that nature hath appointed and destinated it, therefore all those things that have taken from nature a mixture of the elements (though unequal, yet agreeable to motion and use) are called temperaments *secundum iustitiam*, as if wee see any living creature that performes the functions of nature aptly and as is ought to doe, we say he hath a temperament *secundum iustitiam*, according to justice.

The distemperate temperament is double, simple and compound; the simple wherein one only quality exceeds the other two contemperate, as hot, cold, moist, dry, hot in which the heate hath the dominion over the cold (the moist and drie, being temperate) cold, in which the cold excels the heate (the other two being temperate.)

The compound in which two qualities exceed, and this is hot, and moist, or hot and drie, cold and moist or cold and drie; for the first qualikies may be joyned within themselves six manner of waies, but heate cannot be joyned with cold, nor moisture with driness, because they are in themselves contrary, neither can they remaine together in one subject.

Heere may be added the temperatures of the seasons
of

of the yeere, which are four ; Spring, Summer, Autumn, and Winter, and are in nature hot, cold, moist, and drie.

The Spring is the most temperate ; as being neither too cold and moist, as the Winter, nor too hot and dry, as the Summer : from hence Hippocrates calls the Spring the most healthfullest time of the yeere, and lesse subject to dangerous diseases, then any other season ; for it never breeds any disease, but onely produces such as have been breeding in the body all the Winter precedent.

Summer is hot and drie, and a breeder of cholericke diseases, which proceed from too much bloud, generated in the Spring, and now become adust, and these diseases are for the most part speedy in running their course.

The Autumn is very unequall, for when it is drie it hath great inequality of heat and cold ; the mornings and evenings being very cold, and the noondaies exceeding hot, whereby many long and dangerous diseases are ingendred.

The Winter is cold and moist of temper ; it excites naturall heat and appetite, and augments phlegme. After this maner are we to consider the ages of man which are agreeable to the four quarters of the yeere.

Of Ages.

AN Age is the space of life, in which the constitution of our bodies of its selfe doth encrease, stand, decrease, and utterly decline, whose whole course hath five ages or speciall mutations. The first whereof is

C

Infancy,

What an age is.

Infancy.

Infancy, which is hot and moist, and lasteth from the first houre of the birth untill the eighteenth year of age, and is governed by the Moone; and this the age wherein the body by reason of the moisture continually groweth and encreaseth, and is subject to Feavours, Fluxes, Wormes in the belly, Stone, Aposthumes, and divers other diseases.

Youth.

Youth is temperate, in which there is augmentation neither of heate, driness nor cold: in this age the voice beginneth to grow great in men, and the paps encrease in women, and this lasteth untill the five and twentieth yeare.

*Manses-
tate.*

The next is mansestate, which is hot and drie, in which moisture cannot be said to augment nor diminish, but the body remains according to the course of nature: it lasteth not above the thirty fifth or fortieth yeare, this age is subject to hot agues, feavers, frenzies, and sundry other maladies, it is governed by *Venus*, and is named by *Avicen*, the beautifull age.

*1 Parte of
old age.*

The fourth is the decreasing or declining age, which is by some divided into three, but (by most of our latest writers) onely into two; the first whereof is to the forty ninth or fiftieth yeare, and is cold and drie, in which the moisture is diminished without any manifest debility of the strength, so that they are able to undergoe divers affaires, and are prudent, wise, and fit to governe commonwealths, for this age is governed by *Jupiter*.

*2 Parte of
old age.*

The second part of old age, and which standes for the fift part is called, the decrepit age; & is cold and dry, because the *humidum radicale*, the radicall moisture is decayed: it is governed by *Saturne* and is subject to Epilepsie, lithargie, nummesie and the like: this age hath no distinct period,

period, but ends yeares and life together, and is called the end of age and life, wherein the memorie and senses decay, the judgement faileth, and they are as it were infants againe.

But we cannot measure these ages by certaine proportion of yeares, because divers seeme older at forty, then others at threescore or threescore and tenne.

And now because these ages are governed and altered by the influence of the planets, therefore I will breifely shew you the natures of them, and first the natures of the twelue signes, of the Zodiacke, whereby mans body is governed, and with whom the 7 planets worke by influence.

There are foure triplicities of signes, three of the water *Cancer, Scorpio, Pisces*; three of the earth, *Taurus, Capricorne, Virgo*; three of the fire, as *Aries, Leo, Sagittarius*; and three of the aire, as *Gemini, Libra, Aquarius*; to these are agreeable the seaven planets in their qualities and working, in the severall ages of mans life: *Iupiter* and *Venus* are good planets: *Saturne* and *Mars* evill: *Sol* and *Luna* indifferent: *Mercury* is good with the good, and evill with the evill: and these seaven superior planets do worke by influence with the seaven celestiaall signes in the bodies of all living creatures, and are agreeable with the foure elements, and the foure parts of the world, as before I shewed you, which for the better understanding I will thus devide:

Cancer } are of the } *Aries* } are of the
Scorpio } nature of } *Leo* } nature of
Pisces } water } *Sagittarius* } fire.
Gemini } are of the } *Taurus* } are of the
Libra } nature of } *Capricornus* } nature of
Aquarius } the aire } *Virgo* } the earth.

And these twelve signes are again devided into three quaternions, or three fours of different qualitie, in this sort and diversity of nature; viz., four are moveable, four are fixt, and four are called common signes.

Aries } } *Taurus* } } *Gemini* } }
Cancer } } *Leo* } } *Virgo* } }
Libra } } *Scorpio* } } *Sagittarius* } }
Capricorne } } *Aquarius* } } *Pisces* } }

are moveable are fixt are common signes.

Some of these are Orientall of the East, and some are Occidentall of the West, some are Meridionall of the South, and some are Septentrionall of the North.

These twelve signes are also agreeable to the foure cardinall winds, and some are of the day, and some of the night,

East	South	West	North
<i>Aries</i>	<i>Taurus</i>	<i>Gemini</i>	<i>Cancer</i>
<i>Leo</i>	<i>Virgo</i>	<i>Libra</i>	<i>Scorpio</i>
<i>Sagitt.</i>	<i>Capricor.</i>	<i>Aquarius</i>	<i>Pisces</i>
Fiery.	Earthly.	Air.	Watry.

& some are masculine, and some are feminine.

But note, that these are not proper beasts, as they are named, but named and likened to such beasts, by way of Philosophy,

sophy, for they are onely the twelve parts of the firmament, of which each part hath a certaine number of Starres assigned, and are called the proper houses of the seven Planets, in which they rest and abide a certaine time. The three quaternions of the twelve signes doe governe in divers parts of our bodies, whereof foure there be that rule the inward parts, called spirituall members. *viz.*

<i>Cancer</i>	Rule these parts in a mans bo- dy. <i>viz.</i>	{	The Liver and Lungs.
<i>Leo</i>			The Heartstrings and Backe.
<i>Virgo</i>			The Stomack, and the mouth of the
<i>Libra</i>			Stomacke, Midriffe and Bowells.
			The Loyes and Navell.

And of these are ingend- red these severall diseales. <i>viz.</i>	{	<i>Cancer.</i> <i>Leo.</i> <i>Virgo.</i> <i>Libra.</i>	{	caneth the	{	Cough, Ptificke, and Pleu- risie. Imposthumes, Iau- dies, Feavers, & Pestilence.
						Swelling of the Belly,
						Drop sic, Hardnesse of the Belly & Collicke Passion.
						Exulceration of the Bow- els, Pain in the Belly, and a- bout the Small of the back.

And these evill affects are chiefly engendred when the signes aforesaid are in the houses that are evill; as the sixt house, the eight house, and the twelke house from the ascendant.

A Planet is a Starre which is discording or differing from the lesser Starres in forming and working, for they are greater, and of more power then those that are lesse.

The Moone is said much to alter the constitution of our bodies by those signes wherein she enters ; therefore I shall first declare unto you the twelve signes, and the parts they governe, and consequently the diseases caused by the influence of the Moone in every one of those signes.

First, *Aries* hath his place in the head, face, eares; and the diseases are headach, toothach, paine in the eyes, pimples, morpew, scurfe in the face, and such like.

Taurus governeth the necke and throat; and the diseases are the Kings-evil, hoarsenesse in the throat, weaknesse in the necke, and blacke chollar or melancholy, squinances, catarrhes, and other diseases of the necke and throat.

Gemini ruleth the shoulders, armes, hands, and fingers, and their diseases proceeding of blood in the said parts ; as frankles and such like, and some coming of phlegme.

Cancer hath dominion in the pappes, breast, ribs, the upper part of the belly, part of the stomacke, the spleen and lungs ; it ruleth over phlegmaticke humours, and denoteth impediments in the eyes, darkenesse in the sight, spots and pustles in the face, the scab, leprosie, lithargy, galling of the skinne, and evill sickeneses of the body and face coming of phlegme.

Leo governeth the heart, neather part of the stomack, and ribs, backebone, sides, small guts, and the liver, and the sickenesse proceeding from chollar citrine, and others as trembling of the heart, swoounding, &c.

Virgo ruleth the belly, intrailles, midriffe, and over melancholy, and signifieth all ill humours, proceeding
of

of melancholy, as *Iliaco passio*, *collica passio* and the like.

Libra hath dominion in the reynes, and loynes, neather part of the belly, navell, hanches, and buttockes, and over blood, and specifieth dimnes of sight, retention of Urine, and of digestion of fluxes, and the like.

Scorpio ruleth the secret parts, the bladder, and parts of generation, and the flanches, and over phlegmaticke humours, and aquosities, and sheweth leproy, scabs, spots in the face, cankers, fistulaes, hemorroids, the stone, falling of the haire, scurfes, and deformed diseases in the face, and all the body poisoned by medicine.

Sagittarius hath his dominion in the thighes, with the apurtenances, and all superfluous parts, as a sixt part of the fingers, &c. and over choller, and the diseases proceeding thereof, as Feavers, Agues, falls from high places, darkenesse or impediments of theeyes, and from the sixteenth degree to the eighteenth, he signifieth hurts by horses, and wounds.

Capricorne governeth the knees and their diseases, leprosie, scabs, galls, defects of the skinne, losse of hearing, speech, and sight, feavers, issues of blood in the inferiour parts, and fluxes also, and diseases comming of melancholy.

Aquarius ruleth the legs and their diseases proceeding of blood, blacke jaundise, quartaine feavers, infection of the veines; and from the twentieth degree to the five and twentieth, it noeth paines in the eyes.

Pisces hath dominion in the feete, and over their diseases, as the gout, scab, leprosie, palsey, paine in the feete, galls in the skin, and ulcers, and is a signe very sickely and phlegmaticke. These are the proper significations.

cations of the signes by themselves, or when the Moone is in them passing through all the parts of mans body; yet notwithstanding the Moone and other Planets have divers and severall significations in all the signes particularly appropriative to themselves, very necessary to be observed, having speciall relation to the part of the body diseased and grieved, as may appeare by what is said; whereby it is thought very evill to administer any medicine to the part which is governed of any signe, the day that the Moone is in it, except necessity urge; nor to make any incision in any member; least efflux of blood follow, and diverse other inconveniences.

The Ancients also considered the twelve monethes of the year, with the twelve signes, in which they are said to worke according to their nature, one with another; but each one hath his severall month wherein he properly raignes.

Aries.
V.

And first raignes *Aries* in the month of March, for in that signe (say they) God made the world, and to this signe the old Iewish Philosophers gave the name of *Aries*: that is to say, a Ram; forasmuch as *Abraham* made his offering to God of a Ram, for his sonne *Isaac*; and whosoever is borne in this signe shall be timerous or dreadfull; but he shall have grace and good inclination.

Taurus.
8.

The second signe *Taurus*, raigneth in April, it hath the name of Bull; forasmuch as *Jacob* wrestled and strove with the Angel: Whosoever is borne in this signe shal have good successe in all manner of beasts and cattle of the field.

Gemini.
II.

The third signe *Gemini*, raigneth in May; it hath the name of twinnas, forasmuch as *Adam* and *Eve* were formed

formed, and made of one kind : Whosoever is borne in this signe, poore, and feeble shall he be, and shall live in griefe, because *Adam*, and *Eve* bewailed their fall.

The fourth, *Cancer* raigneth in Iune, and hath the name Crab, or Canker, forasmuch as *Iob* was full of Leprosie, and Kankrous Sores, which is a Worme that through the permission of God, eateth the flesh : Whosoever is borne in this signe, he shall be feeble of body, but shall obtaine grace, if he seek it of God.

The fift signe, *Leo* raigneth in Iuly, and hath the name of a Lyon ; forasmuch as *Daniel* the Prophet was put into a Lyons den : Whosoever is borne in this signe shall be a bold, and stout man, and a hardy.

The sixt signe *Virgo* raignes in August, and hath the name of a Virgin, forasmuch as our Lady that blessed Virgin before birth, in birth, and after birth, was a pure Virgin : Whosoever is borne under this signe, shall be wise, and learned, and shall suffer blame for a just cause.

The seventh signe, *Libra* raigneth in September, and hath the name of the ballance that hang in equall poise, forasmuch as *Iudas Iscariot* tooke counsell with the Iewes for the betraying of our Saviour : Whosoever is borne in this signe, he shall be a wicked man, and a traitor : an evill death shall he dye if the course of nature prevaile, but if he seeke after grace and mercy, he may escape it.

The eight signe, *Scorpio* raigneth in October, and hath the name of a *Scorpion*, forasmuch as the children of Israel passed through the Red Sea : Whosoever is borne in this signe shall have many angers, tribulations, and vexations.

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m.

Sagittarius.

♐

The ninth signe *Sagittarius*, raigheth in November, and hath the name of the Archer, forasmuch as *David* fought with *Goliath*: Whosoever is borne under this signe shall be hardy, and lecherous.

Capricornus

♑

The tenth signe *Capricornus* raigheth in December, and hath the name of the Goat, forasmuch as the Jewes lost the blessing of our Lord Iesus Christ: Whosoever is borne under this signe shall be rich, and loving.

Aquarius.

♒

The eleventh signe *Aquarius* raigheth in Ianuary, and hath the name of the water-man; forasmuch as Saint *Iohn Baptist* baptised our Saviour in the flood of Iordan to begiane to institute the new law of Baptisme, and end the old law of Circumcision: Whosoever is borne in this signe shall be negligent, and lose his goods, and shall be carelesse in his course of life.

Pisces.

♓

The twelveth signe *Pisces*, raigheth in February, and hath the name of fishes; forasmuch as *Ionas* the Prophet was cast into the sea, and three daies, and three nights lay in the belly of a Whale: Whosoever is borne in that signe shall be gracious, and happy, if he make use of time.

But note that neither the planets, nor the signes wherein they worke do constrain any man to doe good, or evill, but he may (by his owne will, and the grace of God) doe good, although he be disposed to evill after the nature, and influence of his planet, and on the contrary by his owne evill inclination he may doe evill, though by his planet he be disposed to good.

Saturnus.

♄

Saturne hath the highest place of all the planets, which hee compasseth once in thirty yeares, and is a planet wicked, and an enemy to humane nature; a destroyer of life, cold, drie, earthly, and is masculine of the day, he rules

rules the right eare, spleene, bladder, and bones, melancholy humours mixt with flegme; he hath dominion over old men, solitary, stubborne, leane, covetous, and gluttonous persons, the greatnesse of his body is 91 times so big as the earth, his character is thus. 6

Jupiter ends his course almost in twelve yeares, he is a *Jupiter.* planet benevolent, good, hot and moist; he rules the liver, lights, lungs, arteries, blood, and seed, and the left eare, humours sanguine, humble, just, honest, true, liberall, and rich Persons, Prelates, and Bishops: his character is thus 4 the greatnesse of his body is 95. times so big as the earth.

Mars circleth his sphere once in two yeares almost, *Mars.* he is a planet hot, and drie immoderately, governes the gall, veines, sinewes, and stones, the humour cholericke, disdainefull, seditious, cruell, bold, and carelesse persons: the greatnesse of his body is once so bigge as the earth, and halfe so bigge, and an eight part, his character is thus. 8

Sol the lampe of heaven, he passeth through the twelve signes of the Zodiack in three hundred threescore, and five daies, he giveth life naturall to all things, and is a planet moderately hot, and drie, masculine of the day, he rules the braine, marrow, and joyntes, kings, princes, magistrates, and famous persons, the greatnesse of his body is 166. times so bigge as the earth, his character is thus. 0 *The Sun.*

Venus endeth her course as doth the sunne, she is a planet feminine of the night, cold, and moist temperate, she rules the throate, pappes, belly, reines, matrix, and buttocks, and humours phlegmarick, governeth persons that are meeke, pleasant, lovers, dancers, musitians, and

Poets; the greatnesse of her body is the 37 part of the earth; her character is thus. ♀

Mercury.

♂

Mercury maketh his course as the Sun and *Venus*, he is a planet variable, unequall, good with the good, and bad, with the bad, sometimes masculine of the day, and sometimes feminine of the night, hot with the hot, and cold with the cold, moist with the moist, and drie with the drie planets, whichsoever he is configured unto; he ruleth the mouth, tongue, thoughts, and memorie, devisers of any subtilty, or craft, crafty, deceitfull, proud, unconstant, and lying persons; the greatnesse of his body is the 32000. part of the earth; his character is thus. ♀

Luna.

☾

Luna the moone makes her passage through the *Zodiacke* in nine and twenty daies and eight houres, and overtakes the Sunne in nine and twenty daies and twelue houres, or thereabouts; she is a planet naturally cold and moist, of the night feminine; she is the carrier of the influence of all the planets through her orb unto us; she rules the stomacke, tast, liver, and the left side; she governes noble women, widdowes, also mariners, and vagabondes, and humors phlegmatike; the greatnesse of her body is the 39. part of the earth; her character is thus. ☾

It shall be also necessary to consider the place, country, soyle, windes, and waters; their good effects; and their bad, the temperature of the climate, and the nature of the foure cardinall windes, East, which is hot and drie: West, which is cold and moist: North, which is cold and drie: South, which is hot and moist.

These I have the rather insisted upon, because I find them so necessary to be knowne, and duely considered in the administering of medicines.

CHAP.

CHAP. III.

of Humours.



N humour is whatsoever is moist, and liquid in substance, into which the nourishment is first converted in the body of living creatures endewed with blood, and is called an humour, not because all of them have one, and the same force of moistning, but because all of them have a fluent substance. For choler and melancholy (according to *Reolanus*) are drie humours; humours because of their liquid consistence, and drie because they have the naturall force of drying. The humours are the first begotten matter, out of the mixture of the four elements; choler of fire; phlegme of water; melancholy of the earth; blood of the aire; for it is hot and moist, as the aire. An humour is either elementary, alimentary, or excrementitious: elementary, is the purest parts of the feed; alimentary, is that which is generated of the nourishment in the body, by the native heat, and mixed in the veines by the name of blood; but not only blood, for it hath a mixture of the three other humours, although the greatest part be blood, and of these are produced the second humours, *inominata*, or without name, *ros dew*, *gluten*, which is *ros* condensed, and cambion: excrementitious, which is either profitable, and necessary, as choler in the gall, melancholy in the spleen, spittle in the jawes, and milke in the dugs; or unprofitable as urine,

sweate, excrement of the nose, and menstruous blood.

The alimentary Humour (as I have said) which is fit to nourish the body, is that humour which is contained in the veines, and arteries of a man, who is temperate, and perfectly well in health, and is knowne by the generall name of Blood, which is let out at the opening of a veine, though it be in divers parts of the body unlike, and different, for the thicke blood which is in the bottome, is not an humour, but is melancholy blood; the light froth that swimmes on the top is not Choller, but cholericke blood, unlesse it be changed by nature into choller, and melancholy, which often it is, and from the blood is knowne, because being out of its vessels, it will congeale, but the humour never at all; for blood otherwise taken is an humour of a certaine kinde, distinguished by heat, and warmth, from the other humours comprehended with it in the whole masse of the blood.

Blood in complexion is hot, and moist, rather temperate, in colour Red, Rosie, or Crimson; in smell, not stinking, in taste savoury, of indifferent consistence, neither too thicke, nor too thinne, and is of the nature of three signes of the Aire, *Gemini, Libra, Aquarius*, and hath its originall in the very first minute of our creation, and is encreased by the meate we eat, being drawne into the bottome of the ventricle, and there detained untill by force of concoction it is turned into a thicke substance of colour according to the meate we eat, much like in consistence to almond butter, and this is called the Chylus which is formed round, that it may be the better sucked out, for were it like a trough, that which was before concocted would be over much, whiles the other is sucked out. This Chylus seeming

one

one, and the same thing in its selfe, yet consists of parts of a different nature, either by reason of the variety of meats, or by one, and the selfe same meate; this being perfectly concocted, is received by the *vena porta*, or gate veine, and driven from thence into the small guts, and sucked in by the meseraick veines, & so enters the liver, where (as some have thought) it gets no tincture, or rudiment, but it (being before coloured) gives colour to the liver, which otherwise is a thing of another kinde, and of a farre different colour, and from thence it enters the heart, where it is perfected; for they are much deceived, who imagine the blood to have its originall in the liver, for in Embrioes you may see the heart, and all the vessels made before they live, and an Egge in foure and twenty houres will be blood, and then a Chicken; so the blood is the first that is made; and of this masse of blood are all the other humours made at one, and the same time: The blood being thus composed is devided into two parts, naturall, and unnaturall. Naturall which I have already shewed you is either arteriall contained in the arteries, or venall, contained in the veines, the arteriall is more red, cleare, subtle, hot, and flowing from an opened artery in a violent manner: the venall beats not, & is lesse red then the other, darker of colour, thick, & not so hot. Vnnaturall is in quality by infection, or commixtion with an humour, it is unnaturall in quality, when it is changed from its good complexion, & is either too hot, or too cold, too thicke, or too thinne, or more subtle then it should be; by infection when that some part of the blood is evidently infected, and putrified by commixture with another humour; that is, when there is more of another humour then ought to be, either outwardly

wardly when the evill humour encreases outwardly on the blood, or inward when an evill humour generated within the blood is absolutely mingled with it; as when some part of the blood being putrified, and its subtile parts turned into choller, and the grosse parts turned into melancholy, and that choller, or melancholy become adust, and remaine with the blood, it infects and putrifies it: and thus it is alienated from the naturall, either in substance, color, smell, or tast; in substance because it is thicker, and more troubled, as when there is mingled with it blacke choller, or subtler by the commixture of yellow watry choller; in colour, by either declining to white by the mixture of phlegme, or to blacknes by the mixture of melancholy: by smell, by being of a worse savour, by the admixture of rotten humours, or by altogether wanting savour by the mixture of raw humors; in tast by turning either into bitternesse, by mixture of choller, or to sharpnesse by mixture, of melancholy, or to unsavourinesse by the mixture of phlegme. And to conclude, blood is (no question) the first amongst other humors, towards the beginning, and sustaining of mans life; towards the beginning, as thus; the seed is nothing else but blood made white by the more powerfull concoction in the testicles, and of blood is generated the material cause of marrow; for it is not to be doubted, but all the parts of our body are more nourished thereby, then by any other humour, which will appeare by this example; the ventricle of a child is nourished in the womb, not by any Chilus, for there is none, but by the mothers blood which thei ver drawes by the veines of the navell.

Blood is the matter containing the spirits, of which the life, and every operation of the vegetative vertue consists;

consists, whether vitall, or animall, and it may very well challenge to its selfe the principall place being farre more convenient then any of the other humours towards the maintaining of life, by reason of its heate, and moisture, and because it more nourishes the body, and more weakens it by its losse; for it is the treasure of life through the losse whereof followes death immediately.

Those in whom this humour abounds are beautified with a fresh and rosie colour, gentle and well natured, pleasant merry, and facetious; it is best generated in the spring, and accordingly in youth, that is to say, from the five and twentieth yeare to the thirtieth yeare of age.

The blood thus brought to the liver as before, must of necessity be purged from histoo excrementitious humours, whereof the bladder of the gale drawes one, which we call yellow choller, and the spleene the other which we call melancholy; which are naturall and excrementitious, but not alimentary, or nourishing; but we will leave these for a while, and speake of pblegme, which hath the next place to blood, because it is neerer the radicall moisture.

Phlegme is twofold, naturall and unnaturall : Naturall as it is cold and moist, white and sweet, by an imperfect concoction in the second digestion, taking its originall from the watry, and crude parts of the Chylus, and is meere blood perfectly concocted, having neither the colour nor the aptnesse to nourish fleshy members that blood hath; so that that part of the Chylus that hath suffered any digestion in the liver, while the blood is perfected, and remains white, savory, and
Phlegme.
Naturall,

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watery

watry, and of a remisse colour, is called phlegme which hath no proper receptacle as the other humours have but runnes along with the blood, that in time of necessity it may likewise be made blood, or at least may supply its defect; but it hath an improper receptacle which is the stomach whether it often gathers, and the lungs on which it sometimes falls.

*Unnaturall
Phlegme.*

The unnaturall is either changed in its quality, or in its quantity by being mixed with other humours; for there must be a substance in all, a just quality, and quantity; to the substance belongs the consistence; to the quantity belongs proportion; and to the quality appertaines favour, and colour: choller (for example) must be thin, melancholy thicke, pituit or phlegme in a meane almost like blood: choller in his first qualities ought to be hot and dry; in his second qualities bitter and yellow: phlegme in its first qualities ought to be cold and moist, in the second white and unsavorie, for it is made sweete before it is mingled with the blood, and it is evident that sweetnesse proceeds from a moderate heate, as blood, sugar, hony, and the like do shew, which are moderately hot; but naturall phlegme is cold, therefore it may better be termed unsavorie, then sweete: melancholy in his first qualities is cold and drie; in his second, black and sharp, or sower: blood is hot and moist, if it be with other humors it is temperate, but in the second qualities it is red and sweet; in all foure there ought to be a proportion, of choller least, then melancholy, then of blood ought to be most, then phlegme; and if this proportion faile, so that there be either more or lesse of one then ought to be, or that one oft hem fall from its right temper, it breeds the originall of almost all diseases which

which is ill digestion. But to returne, the unnaturall phlegme, as I shewed you, is either changed in its quality or quantiy, and of these we count eight kinde (according to *Avicen*) whereof foure without the veines, *viz.* Watery, that is subtile as water, and is found in the spittings of drunken men. Secondly mucous or raw, wherein are some parts grosse, some subtile, but when the difference of the parts is so little as it cannot be perceived, then it is termed raw. Thirdly glassie, resembling molten glasse, or rather the white of an egge, by reason of the stiffnesse and weight, and is not properly cold, but of a kinde of faint heat. Fourthly, Gypsea plaisterlike which is concrete into the forme, and hardnesse of chalke, whose subtile parts are resolved as you see in a knotty goute in the joyntes of the fingers. The other foure are within the veines; as first acide, or sower which hath had none, or very little impression of heate more then that it first had in the stomach. Secondly, salt or adust which is bred by the mixture of choler, whose bitternesse is lost by the unflavorinesse of phlegme. Thirdly, thick and grosse of sower phlegme by reason of the vehement cold. Fourthly, stipticke that is not so cold, nor grosse as the other.

Phlegme is of the nature of the three signes of the water, *Cancer*, *Scorpio*, and *Pisces*, and is watry cold and moist, of consistence liquid; of colour white; of taste, sweete, or rather unflavory, fit to nourish the braine, and all other cold, and moist parts, to make the blood temperate, and to yeild moistnesse to the joynts, it is placed in the body either of necessity, or for profit; of necessity two waies, whereof the first is common: the second particular: The common is that phlegme which

is neereſt the members, and by which they are nourished when at any time they ſhall have loſt their proper nourishment good blood; neither doth it nourish, but when it is ſent into the bloody veines by the liver; the particular, is the mingling of it with the blood, tempering it and making it fit to nourish the phlegmaticke parts, as the braine and nerves: for to nourish theſe a great part or portion of phlegme is required: for profit likewise two waies, whereof the first is likewise common, the other particular; the common whereby it makes the blood the more thinne, flowing, and penetrating, the eaſier to ſlide through the veines into the members; the particular, that it may moiſten the joynts and members that are moſt moved in the body, leaſt by continuall motion they become dry, becauſe every local motion is a ſtraining and heating, and every heate is reſolutive and deſiccative; therefore that the joynts of the bones by continuall motion, which is made by the ſinewes and muſcles, ſhould not be over heat, dried, and conſequently made quite unfit for the naturall uſe and motion; nature hath ordained theſe phlegmaticke humours, which as it were diſtilling out of the veines, doe water and moiſten them; not unlike the oyling the Axel-tree of a Coach, without which it would (as we ſee by daily experience) be burned into duſt; but this office of this humour is not profitable nor neceſſary for every one, for infantess, and weake impotent people, that can neither walke nor worke, but ſit idle, doe not need this moiſture; but thoſe that labour hard, and go much, have extraordinary need of it.

Phlegme maketh a man drowſie, dull, fat, and ſwollen, and haſtneſh gray haire; it abounds moſt in Winter,

ter, and in those that incline to old age; and is encreased by cold, and crude nourishment.

The next is Choller, which is an humour hot and dry, of thinne, and subtle substance, and is, as it were, a certaine heate, and fury of humours, which generated in the liver, together with the blood is carried by the veines and arteries through the whole body; that of it which abounds is sent partly into the guts, and partly into the bladder of the gall (which is its proper receptacle, and is in the hollownesse of the liver) or is consumed by transpiration and sweats: Choller is devided into two parts, naturall, and unnaturall: The Naturall is, as it were, the froth of the blood, whose colour is of a cleare red turning towards yellow, and hath its originall from the more subtile parts of the Chylus. Unnaturall is by infection and commixtion of another humour, or by alteration; and it is called unnaturall when it is either greene, blacke, or darke red of colour: that kinde of unnaturall Choller which is made by mixture with another humour is called Vittelline, because in heate and consistence it is like the yolkes of egges; and this *Avicen* thinkes to be made of thicke phlegme mingled with choller; but *Gallen* thinkes it to be only by alteration, and a stronger heate destroying the moisture; for any humour deprived of its moisture, must needs wax thicke; and this is the most received opinion; for choller waxes pale and cold by the mixture of phlegme. These other following are made only by alteration, viz. Lecke coloured, or resembling the juice of a leek in greenes, tending towards black, which is generated in the ventricle by the crudity of meats, and therefore is sometimes called greene phlegme: *Æruginous*.

Choller.

*Naturall
choller.*

Unnaturall.

Vittelline.

*Lecke-co-
loured.*

Æruginous.

Blew.

Skie-colour,
or Sea-
greene.

Red.

Black.

nous of the collour of Verdigreace tending towards white; for according to *Avicen*, it is made of the aforesaid greene being more adust by the ventricle or liver inflamed, as bones being burned are first blacke, and afterwards turne white: it is so hot and biting that it burnes like to hot poison. To these we may adde blew choller much like in colour to the herbe Woad that our dyers use; and to this also belongs that which is called Skie-coloured, or Sea-coloured, and is the worst of all the humours, except blacke choller, for it gets so much acrimony by reason of the heat, that it corrodes, and ulcerates; this kinde is generated in the ventricle, or neare about it: Red choller is improperly called Red, being rather blood; only this is the difference, blood congeales when it is out of its vessels, but red choller will not: it is made red by being mingled with some bloudy moisture; and it is made pale almost to the likenesse of naturall choller, by the mixture of phlegme. Blacke choller so much degenerates from the naturall, as that it acquires the name of another humour, which is properly called melancholy, of which we will speake in his place. You shall understand, that that part of naturall choller that goeth with the blood through the veines, is sent thither for two speciall reasons, which we may call necessity and profit; of necessity, because it is requisit and needfull, that the cholericke members be nourished by it, whereto a great part of choller is required: Secondly, for profit, that it may subtille the blood in the veines, and make it more penetrating in its passage.

Another part of naturall choller is seperated from the masse of humours generated in the liver, and is sent to

to the bladder of the gall, of necessity, and for profit: of necessity, that the whole body may be purged, cleansed and mundified from cholericke superfluities; for the gall either by its owne property, or by the naturall attractive vertue, doeth draw unto it choler, as a thing most fit and proper for it self, even after the maner of the Loadstones drawing of iron; which kind of delight in attracting; is established in a certaine hidden sympathy, which nature hath ordained betweene choler, and the bladder of the gall; by whose attraction the whole body, and likewise the bloud is cleansed and mundified from all superfluous choler, which otherwise might impair the health: secondly for profit; first that it may wash the intestines from dregs, and viscous phlegm; secondly to pricke and sting the guts, and muskles of the belly, that they may feele that it is hurtfull for them, and therefore may endeavour to expell it; for the expulsive faculty doth not exercise it selfe in expelling the dregs remaining in the belly and guttes, unless it be excited by choler flowing thereunto, whereby it often happens that the passages betweene the gall and the guts being stopped, the colicke ensues.

Choler is chiefly bred, and expelled in youth; and acride, and bitter meats yeeld matter to it, but great labours of body and mind give the occasion. It maketh a man nimble, quicke, ready for any performance, leane, and much subject to anger, and quicke of concoction.

Choler is of the nature of the three signes of the fire, *Aries, Leo, and Sagittarius*, and is fiery hot and drie; of consistence thin; of colour yellow, or pale; of taste bitter: it provoketh the expulsive faculty of the guts, and attenuates the phlegme cleaving to them; but the alimen-
tary

tary is fit to nourish the partes of like temper with it.

Melancholy. Melancholy or the melancholy humour being the grosser portion, and as it were the mud and dregges of the blood, is partly sent from the liver to the Spleene to nourish it, and partly carried by the vessels into the rest of the body, and spent in the nourishment of the parts endewed with an earthly drynesse; it is an enemy to mirth and jollity, and neere kin to death; and is by the ancients divided into two parts as phlegme is, that is naturall, and unnaturall; the naturall is cold and drie, and is generated in the Chilus passing as aforesaid.

Naturall melancholy. The unnaturall is not like the dregs of blood, but it is like the lees of wine burnt, hotter & lighter then naturall melancholy is, and takes its originall from any of the humors adust; as from choller adust turned into melancholy, which only amongst all the humours reserves its owne proper tast, that is bitter; from phlegme adust, which phlegme if it be watery and very subtle, then the melancholy thereof generated will be salt; which if it be not salt, then the melancholy will be acide, and sharpe; from blood adust, and this kind of melancholy is salt having also some little sweetnesse; for blood is the treasure of nature, and most diligently preserved by the other humours, whereby it seldome happens that it is wholly, and totally adust, because it retains some sweetness from naturall melancholy adust, from whence it happens that if the naturall melancholy from whence this unnaturall melancholy proceeds be subtle then this melancholy arising from the adustion will be even as sharp as vinegar, and being cast on the ground turns into bubbles; and this is the worst of all the kindes of melancholy

melancholies, and is called *atrabilis*; for it not only *Atrabilis,*
 corrodes the parts whereinto it is gathered, but wherefo- *blacke me-*
 ever it touches it burnes and scaldes, as powerfully as *lancholy.*
 Lime, Ashes, or burnt Lees of Wine, wherein some
 reliques of fire remaine; hereby it happens that a disen-
 tery caused by this humour is deadly, because it ulce-
 rates the intestines; now blood adust, melancholy hu-
 mours, and *atrabilis* may easily be distinguished; for
 from blood adust arise carbuncles; from melancholy
 schirrous tumours; and from *atrabilis* is generated can-
 cer; and of this last the smell is so contagious, that the
 very flies doe shunne it; but if that naturall melancholy
 be grosse, then that which proceeds from it by adustion
 will be of farre lesse sharpnesse.

A part likewise of naturall melancholy passeth along
 with the blood, of necessity, and for profit; of necessity
 that it may be mingled with the blood in that quantity,
 and proportion as is necessary and requisite to nourish
 some members, which are maintained by a great porti-
 on of melancholy, as the bones, and other cold, and dry
 melancholy members: Secondly for profit that it may
 attenuate the grossenesse of the blood, and strengthen,
 and consolidate it untill it becomes a solid part of such
 hard members as it ought to nourish.

A part of naturall melancholy is also sent unto the
 spleene, the blood having no need thereof, which is
 done for the aforesaid causes. The first is universall, for
 it is very necessary the whole body should be purged of
 superfluous melancholy; and also particular, because it
 ought to nourish a particular member, that is the spleen.
 The second is of the melancholy that flowes to the ori-
 fice of the stomacke, and by his stipticity straining,

and as it were milking out the moisture it there findes, as a woman straines and presses out the milke from the Cowes teates with her fingers, and this profit arises two severall waies ; first when melancholy bindes, unites, and strengthens the orifice of the stomacke that the meate may be the better retained therein ; secondly where such melancholy by his acridnesse makes a kinde of commotion in the mouth of the stomacke, whereby the desire of meate is excited and stirred : for after the mouth of the stomacke is thus moued, a kinde of griping followes (as saith *James de Forlinio*) which presently the sensitive faculty perceiving is excited to the desire of meate, whereby that griping is ended

Melancholy is made of meates of grosse juice, and by the perturbations of the minde turned into feare and sadnesse : it is augmented in the first, and crude old age ; it makes men sad, harsh, constant, froward, envious, and fearefull ; it is of the nature of the three signes of the earth, *Taurus*, *Capricorne*, and *Virgo*, and is of nature earthly cold and dry ; of consistence grosse, and muddy ; of colour blackish ; of taste acide, lower, and biting ; stirres up the appetite, nourishes the spleene, and all the parts of like temper to it, as the bones, &c.

Neither is it to be doubted but that these humours doe move, and rule at certaine set houres of the day and night, as by a certaine peculiar motion or tide ; for the blood flowes from the ninth houre of the night to the third houre of the day, as in the spring time : Choler to the ninth of the day, as in summer : Melancholy to the third of the night, as in autumnne ; the rest of the night that remaines is under the dominion of phlegme, as in winter, whereof manifest examples appeare in the

French

French Pox, &c. And these things thus understood, you may know what humour raigneth in the sicke, and at what time he shall be most grieved. Next I shall shew you what the second humours are which as I told you are likewise foure. *The second humours.*

The first whereof is called the humour without a name, as having no proper name, but is thought to be a kinde of bloody moisture which hanges ready to fall in little droppes at the orifice of the small capillary veines; for in the body are certaine great veines which like the trunke of a tree doe spread forth their branches to the fineness of haire, in which (according to *Iohannitius*) are scituate the humours, which after the third concoction are turned into moisture, which is called in latine *inominata*, because it wants a proper name whereby to call it, or else because it participates with the first and second humours; and after certaine spongiouse or porous parts begins the orifice of the veines like the mouthes of small wormes, which while the digestion is perfecting are shut (as the matrice is after conception) but (digestion finished) they open naturally (as the matrice opens when the child is ready to be borne) through which thus opened distills this aforesaid bloody moisture which entering the members agreeable is appropriate unto them, as the first operation of the nutritive vertue. *Inominata.*

The second is called *Ros* dew, which moistens the part into whose substance it is already fallen; it is begot of the other humours, and serves very aptly for to nourish, when the body wants nourishment, as to moisten members that are overdryed, either by too much care or over much frequenting the fire, or remaining under a

hot climate, as the Æthiopians, &c. This moisture is properly called *Ros* from the likenesse it hath to dew, because as dew falleth upon the earth, moistneth it, and administers nourishment to the plants, so this moisture doth at times of necessity, yield nourishment to the desiring member; but not true substantiall nourishment, because it hath not in it selfe solid substance sufficient to be made part of a member; but it is in a kinde of imperfect way, which is called a refreshing: Further seeing that this moisture is partly watry, partly airy and fat, therefore when it waters the members being by a continuall resolution dry, the easier is that joyned to the members which they call *Cambium*, then if they had still remained dry, for moist to moist makes an union.

Cambium.

The third is called *Cambium*, which put into the part that is to be nourished is there fastened; being more thickned then the other two in the holes of the aforesaid little veines, and is a substance truly nourishing, because it is converted into the substance of the members, according to complexion; but yet not according to the compleate essentiall parts, and full likenesse, which we call substantiall forme; for it is the object of the fourth digestion, about which the vertue nutritive exercises its selfe, which is properly termed the last vertue digestive, and of which arise three operations: First, the adding of the *Cambium* to the members: Secondly the uniting, or fastning thereof: Thirdly the assimilating, or bringing into forme: therefore while this *Cambium* generated of pure meats is added to the members, it is conformable to them in complexion, neither heating, nor cooling, nor moistning, nor drying the substance of the members qualitatively as a distemperate medicine

medicine ; but in substance and essentiall forme, and similitude, it is not yet assimilated to the members; yea the vertue nutritive a little working it, and striving as it were to assimilate it, doth thicken, and consolidate its substance, that it may make it like the substance of the members.

The fourth is called *Gluten*, *Glew*, which is only the *Gluten*, proper and substance-making humidity of the simular parts, not their substance; and the first roote and beginning of it is in the sperme or seed, as the beginning of the seed is from the humours; neither is it as I said a substantiall part of the members, but a part of the part, as elements constituting simple members, as it appears by the composition of the body; for this is compounded of foure severall things, hot qualified by cold, and moisture diminished by drines; but yet none of these serve towards the composition of a soule, neither are they any integrall or substantiall parts of the body of any one living.

Now that you may know what humour is most predominant in every one, I shall briefly declare the signes which we usually observe.

First therefore (because the matter and generation of flesh is chiefly from blood) a man of fleshy, dense, *To know* and solid habit of body, and full of a sweete, and va- *a man of a* porous juice is of a sanguine complexion; they have a *sanguine complexion,* ruddy coloured, and flushing face, with red and white; White by reason of the skinne spread over it, and Red by reason of the blood lying underneath the skinne; for alwaies such as the humour is, such is the colour of the face: they are curteous, affable, and faire (spoken of a smooth forehead, and something given to women,

seldome angry, for as the inclination of the humour is, so also is the disposition of manners ; they eate and drinke freely, have pleasant dreames, and are troubled with diseales that arise from blood, as phlegmones, pustles, bleeding much, and menstruous fluxes ; they will endure blood-letting, and desire most those things that are cold and dry, therefore offended by hot and moist things ; they have a great and strong pulse, great quantity of urine, but of a milde quality with substance, and colour indifferent.

*Signes of a
cholericke
complexion.*

As for Cholericke persons you shall observe them to be of a pale yellow colour, the body leane, slender, and rough, faire veines, and large arteries with a quicke pulse, their skinne feeles dry, hard, and hot with pricking, they cast forth much choller by vomit, and stoole, they are nimble witted, stout, hardy, and desirous of revenge, liberall and ambitious, they have light sleepe with suddaine wakings, fiery, and furious dreames, they most desire meats and drinks that are cold and moist, and are subject to burning feavors, phrensic, jaundies, bloody flux, and pustulous inflammations.

*Signes of a
phlegmaticke
complexion.*

You shall know phlegmaticke persons by a white face something livid, a fat body being soft, and cold to the touch ; they are subject to edematous rumours, catarrhes distilling downe upon the lungen, and drop sic ; they are slothfull, drowsie, and of a dull capacity, dreaming of waters, drowning, floods, and the like ; they cast up much phlegmaticke watery matter by vomit, and spitting, and are troubled with a doglike appetite, and with the chollicke.

*Signes of a
melancholicke
complexion.*

Those that are melancholicke are swart, cloudy, and sterne of countenance ; they are subject to divers evill diseases,

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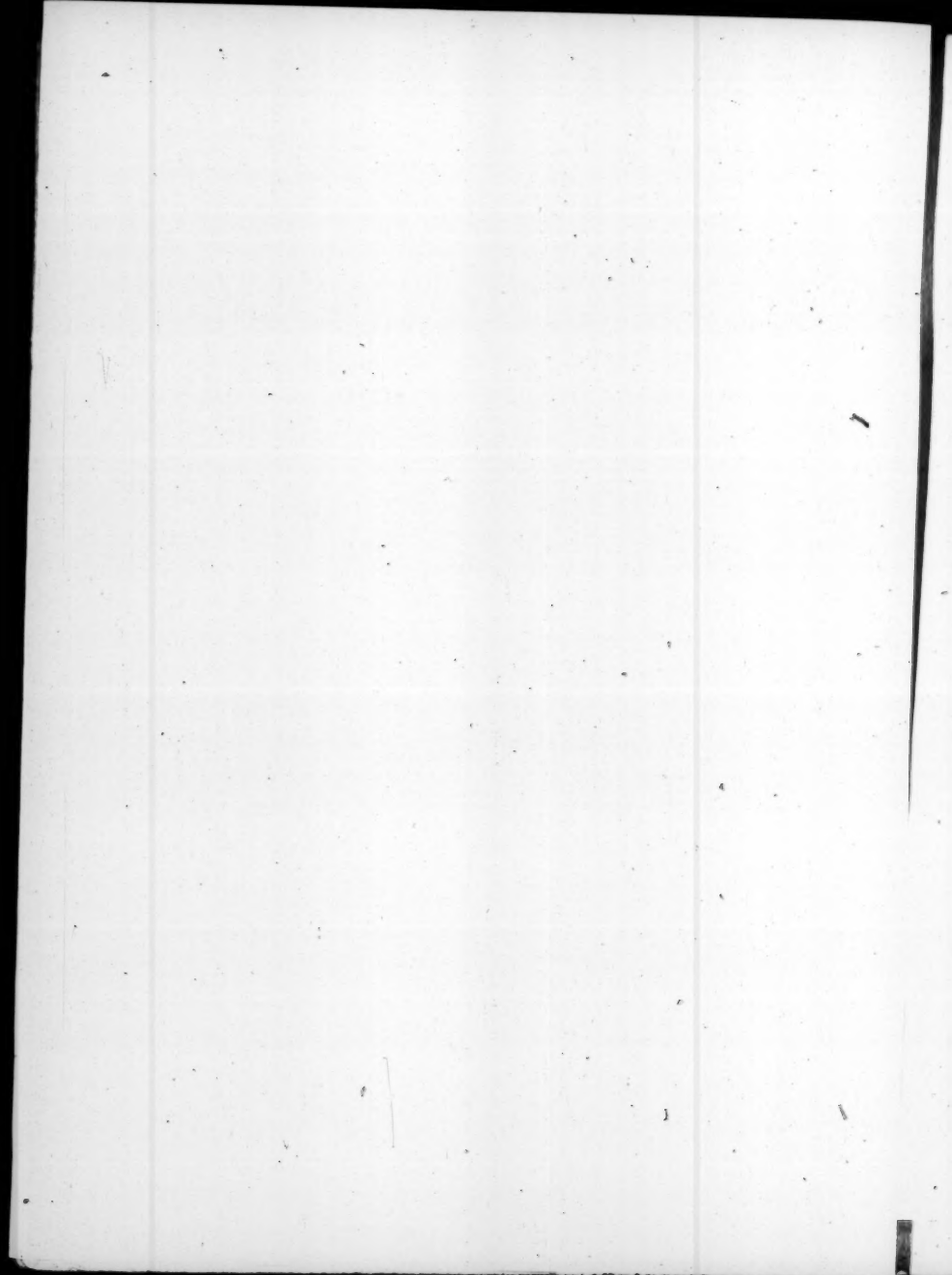
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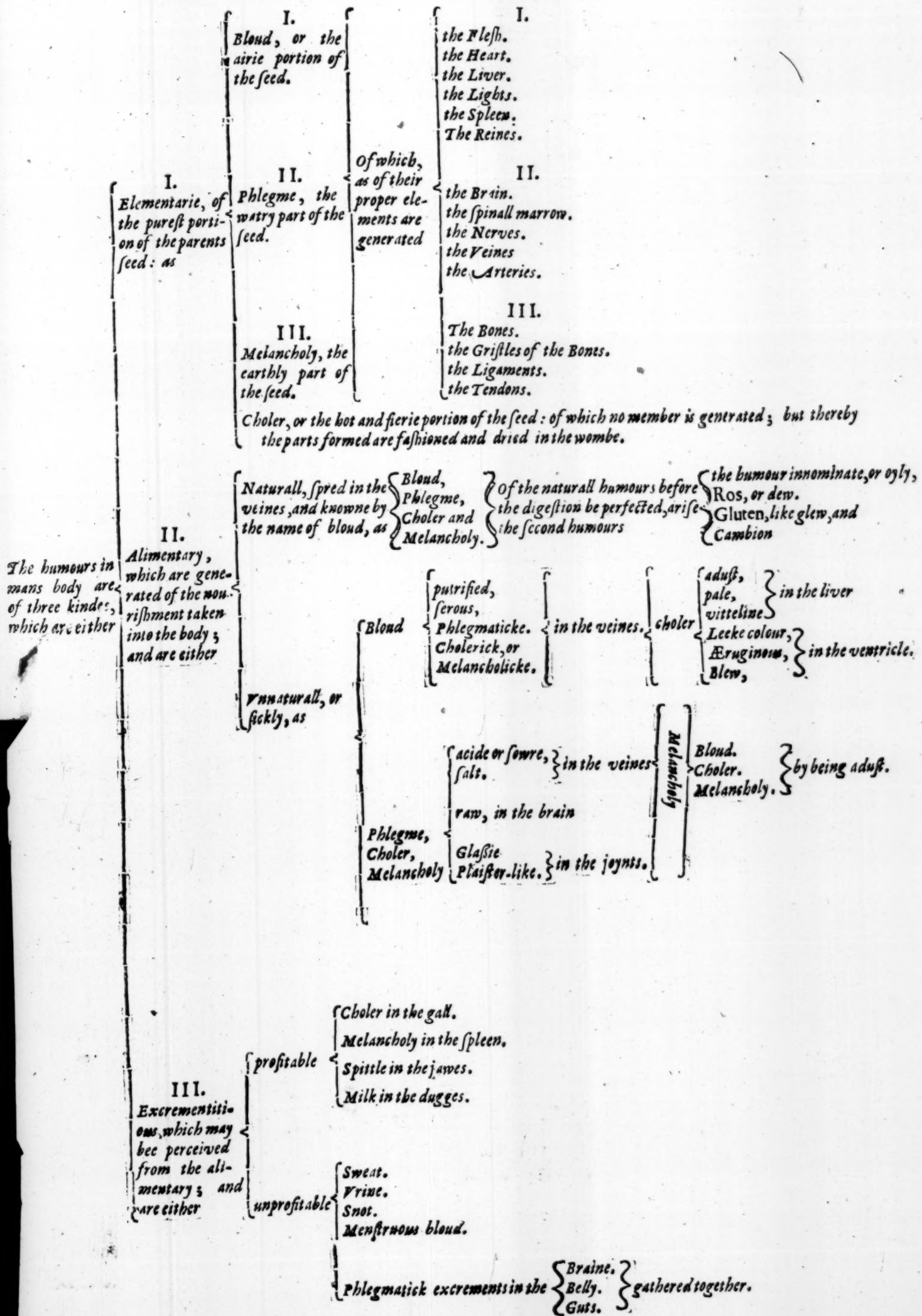
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the body

TO: Mr. J. Edgar Hoover

12. 3. 1954

diseases, as quartaine, quintane, sextane, and septimane feavers, cancers, simple and ulcerated, and osientimes with a leprosie; the coldnesse that raignes in them makes them have small veines, and arteries; their bodies cold and hard, their dreames very terrible, as of divells, and monsters, of graves, dead corpes, and in the night many blacke representations before their eyes; being awake, they are for the most part froward; deceitfull, covetous, of few words, cowards, carefull, and lovers of solitarinesse, slow to anger, but once angered, hard to be reconciled.

But note that these humours often change the temper of mans body; for there are divers that are sometimes sanguine, sometimes againe cholericke, melancholicke, or phlegmaticke, nor happens this by the blood, but by the diet; as hot and dry meats make a sanguine man cholericke, and grosse meats that breed and encrease evill blood, as Venison, Hares, &c. will bring either of these to a melancholy; likewise cold and moist meats breed phlegme: but that I may not exceed my intended brevity I shall adde a table of humours and so porceed to the next, which is the members or parts of the body. ✚

C H A P.

CHAP. IV.

*of Members.**What a
member is.*

THE Members are bodies ingendred of the first commixtion of elements, humours, and spirits, because they consist of a solid, fleshy, and spirituous substance. By partes in generall, I understand the head, breast, belly, and their adjuncts; by the particular partes of those I understand the simple similar partes, which are in number only eight, bones, gristles, fibres, ligaments, membranes, tendones, simple flesh, and skin, some adde to these, vaines, arteries, fat, marrow, nailes, and haire, others omit them as excrements; these aforesaid are called simple rather in the judgment of sense, then of reason, for all are nourished, have life, and sense, either manifest, or obscure.

A bone.

A bone is earthly, drie, and hard, that they may the better serve in the foundation of the whole body, and uphold it as pillars; and this ought not to be all one bone, but divided into divers partes that the body may with ease bend its members, which way necessity requires; of these some are hollow, and some solid; the first nourished by marrow, the last by a thick blood entering by the pores, as may be perceived in broken bones which are united by a Callus, which is generated of the reliques of the alimentary blood.

A

A gristle is the same in substance, that a bone is of, and is meerly a soft bone, that may be crushed, as the bones of children are but gristles, untill the heate encreasing with age doth harden them into bones; gristles doe differ in themselves, for some are at the ends of the bones, as in the huckle bone, nose, sternon, and knots of the ribs; others without bones, as in the eares, the flap of the weasell, throtle, *affer a arteria*, and basis of the heart. *A gristle.*

As a bone is harder then a gristle, so is a gristle harder then a ligament, which serves only to hold the bones together, which otherwise would slip asunder; it is in colour and substance very like a nerve, but harder; and altogether without sense and feeling, excepting some few, which either receive the nerves, or have their originall from the sensible membranes. *A ligament.*

A tendon is the end and taile of the arbitrary muscles, and the first instrument of motion, and is called a tendon from the latin *Tendendo*, because it stretches like a cord, when the member is moved; it is so much softer then a ligament, as it is harder then a nerve; it feeles, and is moved by a voluntary motion by reason of the nerves, but by reason of the ligaments, it knits the muscles to the bones. *A tendon.*

A fibre is a small thred, but firme and strong, which nature hath placed in the muscles, that so the body may move every way; the right fibres do draw, the transverse do put back, the oblique do hold, every one helps one another, as if you should hooke your fingers one within another. *A fibre.*

A membrane and a coate differ onely in this, a membrane *A membrane.*

brane is a name of substance, a coat is a name of office, for where a membrane invests any part, it is called a coate; in some parts it hath a proper name, as that which involves the bones is called the periosteum, that which covers the braine pan is called the pericranion, which covers the braine, is called the meninx, that which covers the ribs, and the contained parts as the heart, lights, and *aspera arteria* is a proper coate, and is called a compassing membrane; that which contains the naturall parts, and gives to every one his proper coat, is called peritoneum, and from these the parts have feeling; for if you scrape the periosteum from the bone, you may cut the bone, burn it, or any thing without any paine.

Skinne.

The skin is the greatest of all the membranes; it is the coat covering all the body, except such places by which any excrements are evacuated; as the eyes, eares, nose, privities, fundament, mouth, and ends of the fingers, where the nailes grow; it is the sluice of the whole body, through which it is purged by sweat, from all fuliginous excrements; of substance it is spermatike, for being once lost it cannot be restored as formerly it was, but there remains a skar, which is nothing els but flesh dried beyond measure; it takes its feeling from the nerves, of which (together with veines and arteries) it is composed, and is by nature cold and drie, ordained for to keep safe and sound the continuity of the whole body, and all the parts thereof from the violent assault of all externall dangers.

Simple flesh. Simple flesh may be scene in the gummes and ends of the fingers; the flesh of a muscle is very like these, but it is not simple: in the pappes and stones, it is called glandulous flesh, and the substance of the heart and liver is called flesh, but improperly.

Fat

• Fat, and flesh proceed both from one and the same *Fat*. matter that is blood; the difference is, that flesh comes of blood, heate, and overdried; the fat from cold by a certaine congealing or growing together of membranes, it is of a middle temper betweene heat and cold, although it may seeme cold in respect of the efficient cause that is of cold by which it concretes; in the joynts is another sort of fat farre more solid, and hard then the former, and it is mixed with a viscid humour, tough like the whites of Eggs, that it may for a good space moisten those parts which are subject to much drines by their continuall motion; another kinde of fat is called *seame*, which is much dryer then ordinary fat, and lyes principally about the midriffe, where there are many windings of arteries and veines; it lyes also about the reines, loynes, and basis of the heart.

Those parts are called compound, which are made *Compound* and composed by the mediation, or immediately of *members*. the simple, which they terme otherwise organically, or instrumentally; as an Arme, Leg, Hand, Foote, and others of that kinde: the simple parts cannot be devided into any particles, but of the same kinde; but the compound may: they are called instrumentall and organically, because they performe such actions of themselves, as serves for the preservation of themselves, and the whole body; as the eye by it selfe, not assisted by any other part, seeth, and by his faculty defends the whole body, and also it selfe: In each instrumentall part we observe foure properties; One by which the action is properly performed, as the Chrystaline humour in the eye: The Second without which the action cannot be performed, as the nerve & the other humors of the eye: The Third, whereby

whereby the action is better and more conveniently done, as the tunicles, and muscles : The Fourth, by which the action is preserved, as the eye-lid and circle of the eye : The same we say of the hand, as First, by the muscle : Secondly, by the ligament : Thirdly, by the bones and nailes : Fourthly, by the veines, arteries, and skinne.

*Instrumentall
all parts.*

The instrumentall parts have a fourefold order; those that are immediately composed of the simple, are of the first order, as the muscles and vessels : they are of the second that consist of the first simple, and others besides, as the fingers : they are of the third; that are composed of the second order, and others besides, as the hand ingenerall : The fourth order is, the whole body the instrument of the soule. In all these parts, whether simple or compound, we doe consider nine things, Substance, Quantity, Figure, Composition, Number, Connexion, Temperature, Action, and Use.

Amongst the organicall parts, there is three principall parts, governing all the rest, *viz.* the Braine, Heart, and Liver, because from them, some force, power, or faculty proceeds and flowes over the whole body, when as there is no such sent from any other part. To these some adde the testicles, not for that they are of necessity of the individuall or peculiar body, but for generation and preservation of the species : Herein we may see the industry of nature, who like a good Architect seeks not only to build, and furnish her fabrickes with all kinde of materialls necessary, by which the body may live ; but also she hath furnished it with the testicles, thereby to make it immortall, because hereby every one may substitute another in his place before he depart
this

this world. The veines, arteries, and nerves, are the first *Veines.*
 simple instrumentall parts : the veines spring all from
 the liver, the arteries from the heart (except only the *Arteries.*
vena arteriosa) which hath its originall from the eight *Vena arteri-*
 ventricle of the heart : it is called *vena arteriosa* compo-
 sitively, & therefore is not reckoned amongst the simple *osa.*
 instrumentall parts: for it is called a veine, because it di-
 stributes alimentary blood to the lungs ; and arterious,
 because like an artery it consists of two coates, all the
 rest consist but of one coate, knit together with a triple
 kinde of *fibres*, and this veine hath two principall cavi-
 ties, one by which the Chylus is carried to the liver,
 and is called *vena porta*, or the gate veine ; the other by *Vena porta.*
 which the blood made out of the Chylus is dispersed
 amongst all the members for nourishment, and is called
vena cava, the hollow veine. The gate veine hath its *Vena cava.*
 originall in the blunt end or lower end of the liver, and
 there it spreads its rootes : The hollow veine beginneth
 in the gibbous part of the liver : The truncke of the
 gate veine is divided into two principall branches ; the
 one is *splenicus*, which is carried to the spleene, the o-
 ther is *mesentericus*, which goes to the mesentery ; it
 hath other small slips that nourish the most part of the
 lower belly, and take their names from the parts they
 nourish ; as that which nourishes the ventricle, is called
grastica, intestinalis, that nourishes the intestines ; *cistica*
 which brings nourishment to the bladder of the gall ;
 from the mesentery branch spring small slips to the
 right gut, which makes the hemorrhoids : The truncke
 of the hollow veine is also divided into two branches ;
 one is carried upwards to nourish the superiour parts, a-
 nother is carried downward to nourish the inferiour.

An artery differs from a veine because it consists of two coates that the spirits may not be exhaled, and that it may not be broken by the continuall motion and beating; a veine beates very little or not at all.

A nerve.

A nerve is that which proceeding from the braine or spinall marrow hath sence and motion; some partes of the body which have nerves have feeling also, but no voluntary motion; as the membranes, veines, arteries, guts, and all the entrailes: from the braine arise two soft nerves, which have feeling, the hard nerves spring from the spinall marrow, and are moving; from the braine proceed seven conjugations of nerves, from the spinall marrowe thirty paire, that is sixty nerves, some nerves cannot be perceived to be hollow at all, it is a simple part of our body, bred and nourished by a grosse, and phlegmaticke humour.

*The second
instruments.
Muscles.*

Of the three first and simple instruments, veines, nerves, and arteries, and of the eight aforesaid parts least conformable, being knit in due quantity, number, and scite, spring the second instruments; amongst which the muscles have the first place, as being the instruments of voluntary motion; which is performed six maner of waies: viz. upwards, downewards, forwards, backwards, to the right hand, and to the left hand; this is simple motion the second voluntary motion is circularly, as when you lure a hauke you swinge your hand round. A muscle consists of veines, nerves, and arterious flesh, and fibres, from which they receive nourishment, life, sence, and motion: they are reckoned amongst the second instruments, because they consist of a coate, a tendon, and a ligament; and are devided into three partes, the begining, middle, and end, the head, insertion and neather parte; and these

are

are all differing in figure, scituation, perforation, and quantity, colour, and connexion.

The fingers consist not only of veines of which they are nourished, of arteries from whence they receive spirit and vitall heate, nerves by which they feele, and muscles whereby they are mooved; but also of three bones in each finger (that is fiftene in each hand, which are hollow, fistulous, and full of thinne and liquid marrow, and not of grosse and thick as in the arme or thigh) whereby they are fortified and sustained; likewise of ligaments whereby the bones are connexed, of flesh, and skin; by whose coniunction is ordained, the true organically touching, the fingers are in number five. The nailes are generated by the fibers of the ligaments, and the excrements of the tendons, which are terminated at the bottom of the nailes.

The fingers.

The hand consists of five fingers, the palme or hollow of the hand, the back of the hand, and the wrest; it is the instrument of instruments, made for to take up and hold any thing, for with the hands are all the other instruments made; it is devided into five fingers the more easily to take up even the least bodies of any figure or fashion soever; and to this end nature ordained us the nailes, because the fingers ends being soft flesh, might not turne away in meeting with a hard body.

The hand.

The heart is the chiefe mansion of the soule, the organ of the vitall faculty; and is placed in the body as the Sun in the firmament: it is placed by nature as it were in a box, that it may have free liberty to spread it selfe, and receive hurt neither from the ribs, or vertebres of the chest; it contains a continuall moisture, that by its motion and heat, it may not be over dried; it consists of a hard

The heart.

hard and dense flesh, in which are two hollowes, the right side is the biggest, the left side is the more corpulent, and thereby the more strait, but it is the more solid and thick, that the vitall spirits which are worked in it may not be exhaled: In the right hollow are two vessels, a branch of the hollow veine whereby the heart drawes the blood from the liver, and the gate veine by which it sends the blood throughly concocted, and subtilized to the lunges. In the left side also are two vessels, the great Artery *Aorta*, whereby it sends the vitall spirits every way, and the *arteria venosa*, whereby it receives the aire from the lunges, which are only the bellows of the heart to coole it. The heart hath *auricles* or little eares on every side, to hold up the gate vein, and branch of the hollow veine, that they be not broken by the violent motion of the heart; the heart is one alone situate most commonly upon the fourth *vertebra* of the chest, being placed there by nature, because it is the most sure and armed place; and is besides, as it were, covered on every side by the hands of the lunges, and is made of a more dense, solid, and compact substance, then any other part of the body, because it must have a naturall motion of its selfe.

These things I have spoken in brieve, only to shew you how necessary it is to be perfect in Anatomie, whereby you shall the more easily discern the parts affected by the place of paine, and cure it by a fit application of remedies without the hurting of any other part: next I shall speake of the faculties.

CHAP. V.

Of Faculties.



Faculty is a certaine power, and efficient cause proceeding from the temperament of the part, and the cause whereof proceed the actions and powers of the body. *what a faculty is.*

Of these are three kindes in every perfect body ; that is, the Animall, Vitall, and Naturall, which have a certaine sympathy one with another ; for if one be hurt all the rest suffer with it. The Animall is that which proceeds from the proper temperament of the braine, and yields knowledge, sense, and voluntary motion ; and this is of three kindes: 1. Moving, which remains in the Muscles and Nerves, as the fit instruments of voluntary motion. 2. Sensative, which consists in the five externall senses, Sight, Hearing, Taste, Smell, and Touch. 3. and principall, which comprehends the reasonable faculty, the memory, and fantasie. The Animall faculty being thus seated in the braine, sends from thence sense and motion by the nerves or certaine chanelles into the whole body : But the Vitall faculty is that which sendeth life to every member of the whole body, and maintaines the essence of the spirits ; and this hath his seat in the heart, from whence he sends heat through the arteries to every part of the body, and is much hindered by diseases in the breast. *The animall faculty.* *Vitall faculty.*

The naturall faculty is that which carries the nourishment *Naturall faculty.*

ment into all the members of the body, and this claimes his place in the liver ; it is by *Aulcen* and most of the ancient Philosophers concluded, that this naturall faculty is divided into two parts, whereof one is the preserving of life and health unseparable, and to nourish the body as coming from the fountaine and mint of nourishment ; the other is the preserving and maintaining the forme and species made in generation : First, by drawing the seminall matter from the humours of the body, and converting it into the humour called *inominata humilitas*. Secondly, by forming this seminall matter in the vessels and testicles. Thirdly, by reducing the seminall matter into simple members. Fourthly, by forming it (at the command of the Creator) into his Image and likeness : but I will only shew you what faculties attend on these before named ; and for the rest I shall referre the desirous to *Galen in libro de Hippocrat. & Platonis dogmat. li. 9. de caran. morb. cap. 10. & lib. de potent. natural.* It being more then my brevity will permit me to speake of.

Those faculties therefore that attend the forenamed three, are in number foure, viz. Attractive, Retentive, Digestive, and Expulsive : The Attractive drawes that juice which is most fit to nourish the body by heate, and as it were a kinde of violence, and is made three manner of waies ; 1. by heat, 2. likeness of substance, 3. and to fill up vacant places ; it is said to be by heat, as when frictions and rubbings are applied to any part of the body, hot emplaisters or vesicatories, by which the native heate is encreased, and nourishment is drawne to the part, after which manner all the other parts draw : The likeness of substance is a certaine inexplicable propriety

priety following the same forme, and similitude, as you may perceiue in the loadstone, amber, and purgations, which draw nourishment from the part, not confusedly, and indifferently, but definitely and with a desire even as a familiar friend; a part therefore drawes nourishment by heat, but by the similitude of substance it drawes this or that nourishment such as is most fit for it, as the braine drawes phlegmaticke blood, the lunges cholericke blood; after this manner the liver drawes the Chyle, the reines, the urine, for every one drawes that it may get thereby, as the bladder of the gall drawes the gall, and delights in it because of the similitude of the substance and the propriety of the matter received to the place receiving. Now the attraction to fill up vacant places is made by the desire the naturall parts have to shunne the fault of vacancy, so that the light are carried downewards, and the heavy are raised upwards, by the ordination of nature; to that end, and in this manner doe the heart, arteries, and lunges attract aire to temper, and qualifie the native heat.

But because the parts cannot enjoy their nourishment that they have acquired, unlesse the attracted be somewhat staied, for every action hath his time, therefore nature like a good and skilfull workeman hath given every part a faculty of holding and retaining the nourishment, untill it be made perfect by concoction into the forme of Chyle, it is helped by coldnesse and drynesse.

The digeive faculty, is that which turnes the nourishment (brought in by the attractive faculty and retained by the retentive faculty) into a fit substance, for that part whose faculty it is, as from the stomacke the nourishment

*Digestive
faculty.*

nourishment is turned into Chyle, from Chyle the digestive faculty in the melaick veins, turns it into blood, which by a third kinde is brought to the members, and assimilated to them and converted into the same substance, as may be perceived in the paps of women, and testicles of men.

*Expulsive
faculty.*

And because from abundance of excrements proceed many dangerous diseases, and that no nourishment whatsoever but hath his faces, therefore hath nature placed the expulsive faculty, which is only appointed to expell those superfluities, which by no action of heat can obtaine the forme of the part; and thus the wombe at the appointed time doth send forth the infant by a most vehement expulsive faculty. Now if any of these faculties be wanting in a body, the health must needs decay for want of nourishment; but if these faculties doe rightly performe their duties, then the nourishment is changed into the proper substance of the part, and truly assimilated to it.

CHAP. VI.

Of the Actions.

*What an
Action is.*



THE next thing we must speake of, is of the Actions which arise from the afore-said faculties; for as a faculty depends on a temperament, so an Action depends on a faculty, and therefore it is called an active motion, proceeding from a faculty; for let the faculty be removed away, and there

there will be no action : These actions are three in number, Animall, Vitall, and Naturall, which are called also Simple, and Compound ; simple, to whom one alone operative faculty with its naturall instruments doth *Simple actions.* concur ; as,

{	Attraction.	which is caused of the faculty.	{	Attractive.	by	Heat and drinesse.
	Retention.			Retentive.		Cold and drinesse.
	Digestion.			Digestive.		Heat and moisture.
	Expulsion.			Expulsive.		Cold and moisture.

The compound is made either of two faculties, as the *Compound actions.* naturall desire of meat proceeds from the attractive, and sensative faculty, by which the stomackes feelles emptinesse, for five naturall motions goe before the naturall desire : As First, the emptinesse of the members: Secondly, the Attraction or sucking of the members by the veines : Thirdly, the attraction of the veines from the liver : Fourthly, the sucking of the liver from the stomacke by the meseraicke veines : Fifthly, the sense and feeling in the stomacke, from whence procedes the naturall desire of meat. This compound may be made of more then two faculties; as the carrying, which is as much to say as the helping forward of the nourishment in its passage to the members, and the egestion of the excrements and urine, which is made three waies; by the sensative that feelles the burthen ; by the appetitive, or desiring, which desires to be eased ; and the expulsive which expelleth and driveth the excrement to the instrument.

Actions are either voluntary or naturall ; the naturall are performed against our will, as the continuall motion and pulsation of the heart and arteries, and expulsion *Naturall actions.*

of excrements, and these actions flow from the liver and veines, or from the heart and arteries; and therefore are they called naturall and vitall actions. The involuntary vitall actions be the dilatation & contraction of the heart and arteries which we commonly call pulse, by that they draw in, and by this they expell or drive forth. - The involuntary vitall actions be generation, which proceedeth from the generative faculty, and growth, and nutrition, which proceedeth from the growing and nourishing faculty.

Generation. Generation is a producing of matter, and introducing of a substantiall forme into the said matter.

Growth. Growth is an enlarging of the solid parts retaining still both the figure and solidity, as the bones whole encrease the whole body followes.

Nutrition. Nutrition is a perfect assimilation of that nourishment which is digested into the nature of the part which digests, and is performed by the foure aforesaid actions, Attractive, Retentive, Digestive, and Expulsive.

Voluntary motions. The voluntary motions we willingly performe, are three; the sensative action, the moving action, and the principall: The sensative comprehends all the five senses; sight, hearing, taste, smell, and touch, to the performance whereof necessarily occurre these three; 1. the organe, 2. the *medium*, or meane, 3. the object.

The organe is the animall spirit diffused all over the body; the meane carries the object to the instrument; the object is an externall quality that can by a medicine stirre up the organe; as for example, sight is the seeing faculty, acted by the eye which is the organe; the object is

is the visible quality before the eye, the *medium* arrives the object at the eye.

The hearing faculty whereof the eare is the organ, every sound the object, the *medium* is the ayre that carries the sound to the eare.

The smelling faculty commeth from the mammillary processes produced from the proper substance of the braine, and seated in the upper part of the nose, the object is every smell; the *medium* by which it is carried, is to men, birds, and beasts the aire, to fishes the water.

The action of the taste is performed by the tongue; the object is the taste of severall meats and drinckes; the *medium* is either externall, as is the spittle that doth moisten the tongue, or internall, as the spongy flesh of the tongue it selfe.

All parts endued with a nerve, enjoy the sense of touching, the object is every tractable quality, as heat, cold, roughnesse, &c. The *medium* is either the skin or the flesh endued with those nerves.

The next action is voluntary motion, and is performed by a muscle (as I shewed you in the Chapter of Parts or Members) either by extention, or contraction, upward, downward, to the right hand, to the left hand, forward, or backward.

The principall action is threefold; 1. Imagination, 2. Reason, 3. and Memory.

Imagination is a certaine distinguishing apprehension.

Reason is a certaine judiciale estimation of things apprehended.

Memory is the sure storer of all things, as in a magazine, which the minde oft unfolds.

CHAP.

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Imagination is a certaine distinguishing apprehension.

Reason is a certaine judicall estimation of things apprehended.

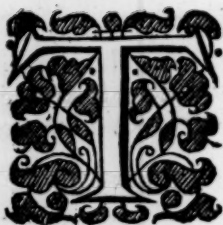
Memory is the sure store of all things, as in a magazine, which the minde oft unfolds.

CHAP.

C H A P. VII.]

Of Spirits.

What a spirit is.



THE Spirit is the substance subtile, and aërious of our body, bred of the most pure, and thinnest blood, and is the prime instrument whereby the members shall performe their office, and they abide most in the heart and arteries, in the braine, and nerves.

Division of spirits.

Animall spirit.

The Spirits are divided into three parts; animall, vital, & naturall; the animall is seated in the braine for there it is prepared and made, and of which a great part is sent to the eyes by the nerves optickes, and some to the eares, and divers other parts: this kind is called animall because it is the chiefe, and prime instrument of life.

Vital spirit.

The vitall spirit hath his chief mansion in the left ventricle of the heart, and in the arteries, and is made of the evaporation of the blood, and furnished with matter from the aire which we draw in breathing, and is sent from his seate in the heart through the channels of the arteries into the whole, for the conservation of naturall heate.

Naturall spirit.

The naturall spirit is engendred in the liver and veines, and there remaines while the blood is made, and other naturall operations perfected: the use of it is to helpe the concoction both of the whole body, and of each severall part, and to carry blood, and heate to them.

These

These spirits being dissipated, we cannot hope for life, because the flower thereof is decayed, and wasted in their decay.

Now to these naturall things which I have shewed you, are associate, and joyned these foure following, *viz.* Age, Colour, Figure, or Scite, and Kiade, or Composition.

Age, is a space or part of our life, in which our bodies are subject to mutations, and of this I have sufficiently spoken before.

The Colour, shewes the temperament of the body, and the just proportion of humours; as if there be a just proportion of the foure humours, the colour is red; if a boundance of melancholy, the colour is livide and blacke; if a boundance of choller, the colour is citrine and yellow; if phlegme, the colour is white and pale.

Scite and figure, shew the good composition and connexion of all the parts of a body fitly and duely compacted as they ought to be; of this kind there are foure, quadrature, crassitude, or thickenesse, extenuation, and fatnesse.

Sex is the distinction betwixt Male and Female, not in parts, but in constitution; as the Male is commonly hot, the Female cold, and so are Eunuches.

CHAP.

CHAP. VIII.

*Of things not naturall, which is the second part
of Physicke.*



Aving shewed you things naturall, whereof mans body is composed, and what they are, as Elements, Humours, &c. as we formerly comprehended under the name naturall; we will now proceed in the description of things not naturall, which are used to con-

*What things
not naturall
are,*

serve and defend the body composed and made of the things naturall already spoken of: these doe pertaine to that of Physicke, which is for preserving health, and are the meane betwixt things naturall, and things against nature, for they doe not constitute our nature as things naturall; neither doe they hurt or damage it, as things against nature, but they are indifferent good if they be well used, and bad if they be ill used; the use whereof we consider from foure conditions, quantity, quality, occasion, and manner of using: These being observed, you may effect and cause things doubtfull of themselves to bring undoubted health; things not naturall are in number six; 1. the aire that goeth about us; 2. the meate and drinke we use; 3. the motion and rest of our bodies; 4. sleeping and waking; 5. repletion and inanition, or things to be expelled, or retained, 6. and perturbations of the minde.

CHAP.

CHAP. IX.

Of Aire.



AIRE is so necessary for us, that not one minute of health can be enjoyed without the same; as we may perceive by the continuall transpiration, and breathing that all living creatures have for their refreshing, and to regender the spirit animal, and therefore because we so often draw it in & breath it out, it will be very necessary for our health to know what aire is wholesome, and what unwholesome, for the aire doth alter our bodies three manner of waies; by quality, as if it be hotter, moister, or drier; by substance, as if it be more grosser, or more subtle then is fit; or by mutarion, which any man may prove who makes a suddaine change out of a quiet aire into a stormy, and that is troubled with winds.

Therefore the most healthfull and best aire is that which is cleere, subtle, and pure, free, and open on every side, exempt from evill evaporations, fennes, sinkes, cloudes, rotten and carrion like smells of dead carcaffes, standing pooles and all corruption, that is, neither is too hot, nor too cold, too drie nor too moist; and this aire is the best, both for the preserving of health, and curing of diseases.

The evill aire is quite contrary to the good; as that which is pittide, shut, & prest up in some narrow place, thicke, rotten, neere hills, stinkes, the sea, and all such

townes that stand low, and close, infected with evill and noisome favors; that which is nebulous, and exposed to south winde, and the mouldy putrified aire inclosed in uninhabited dampe houses and so wants ventulation, and it is the evill aire that causes townes scituate on or neare the sea coast at the end of summer, and in the autumnne, to be afflicted with the plague, and divers other dangerous maladies.

*How the
aire is
changed.*

Now the aire is changed five manner of waies; first by the time of the yeare, secondly by the starres, thirdly by the windes, fourthly by the earth, and fifthly by fumes and vapors.

Aire is changed by the time of the yeare, as in spring; summer, autumn, and winter; the spring maketh the aire temperate; the summer maketh it hot, and dry, which ought to be corrected by things that are cold, and moist; the autumnne cold and dry; the winter cold, and moist, and must be all corrected by their contraries.

Aire is changed by the starres, by the proximity of the sunne to them, or when the starres approach neere the sun, that is when they end their course sooner then the sunne, by whose nerves the aire is heate, and the further from the sunne the colder it is.

By the windes the aire is changed, for those places have the healthfullest aire where the windes blow freely, as in champion countries, where the people live longer and more free from diseases.

Aire is also changed by the earth, and that is twofold, the scituation and the compoſure; by the scituation divers waies, as the altitude produces cold at least so farre as it is habitable, and likewise depth procures heat; latitude either in plaines or mountaines for the most part causes,

causes temperate aire, but the aire of the south mountaines is cold, and uninhabitable; but the north is hotter, because of the reflection of the beames of the Sunne, especially betwixt the north line, and Cancer: and the nearnesse of the sea changes the temperature of the aire, as thus: the south sea heats, and dries; the north sea cooles, and dries: by composition of the country divers waies also is the aire changed, as by the nature wherof it consists; as the rocky countries are cold, and drie; the dirty clayey countries are cold and moist, &c. according to the complexion of the matter it is composed of.

Vapours and fumes of the earth alter the aire, especially such as proceed from fennes, moores, and other putride places, from which an evill savour and breath is exhaled.

Finally, because aire is so powerfull in woundes and diseases; the ancient Physicians counselled to change the aire if it might possibly be, if not, then to correct and accomodate it by art.

C A A P. X.

Of meate and drink.



Nourishment is another part of preserving health, and is as necessary as aire is: it is either temperate, or intemperate; either of good juice or ill, of easie or hard concoction: The temperate is such meates as taken in due order doe

Meat and drink,

cause no distemper in our bodies; as is bread made

of wheate; as there are fewe temperate men, so there are fewe temperate meates: the intemperate are almost all which by some qualitie doe alter the state of our bodies, as for example, wine, mustard, garlicke, leekes, onyons, &c. doe heate, and so doth porrage made with hottē hearbes, as hyslop, time, &c. Bread made of barley, grapes, and porrage made with coole hearbes as sorrell, lettuse, &c. do coole.

What diet is best. Some kind of nourishments breed phlegme, some choller, some melancholy, and some excrements; those that generate good bloud are these, viz. red wine, milke, reere egges, the flesh of hens and capons; the flesh of birds is to be preferred before any flesh, either kid, or veale, because they generate better juice; for these that are fed tame in the house cannot be so wholesome as those that live in a free, cleare aire: black, and thick wines breed ill juice, the like doth oxes flesh, goates flesh, but worst of all is the flesh of bulles, foxes, and asses: bread that is made of yellow, and sweete wheate, well drest and leavoned is the best for nourishment.

Pulse. All manner of pulse do breede wind, and increase melancholy: beanes that are greene are cold and moist and generate crude bloud and winde; drie beanes are cold and dry, the flowre wherof is much used in cataplasmes that are to drie and coole, as in hot apostumes of the pappes: Rice is a great binder, and therefore used in clysters to stop a laske; it generates thick juice, and obstruction of the veines, if it be much used. All fish doe of themselves yield a cold and moist nourishment, and much phlegme. But let the quality of meats be never so good, yet too much quantity taken will cause their nourishment to prove evil; for gluttony and intemperance

is the maintainer of Physitians; for it destroies more then the sword; but we should eate to live, and not live to eate; therefore we finde it best for any mans health to eate so little as he may continually have an appetite, and to perform some exercise to help concoction: likewise to keep a due order and time of eating and drinking. As for drinke, I hold that good cleare wine that is of a good colour and tast moderately taken doth nourish: also Beere and Ale that is old and cleane is a good drinke; but with these must also be observed a moderation, for too much drinke destroyeth the digestion, as one very well notes; that the first draught quenches the thirst, the second maketh man joyfull, the third drinke, the fourth quite out of his senses.

Drinke.

CHAP. XI.

Of Labour and Rest.



Labour is a vehement motion of the body untill they be (as we say) out of breath; for by the motion of the joynts the heat is increased and carried through the veines, and arteries to the heart; from whence it is that we require a more

Labour and rest, and what it is.

stronger and oftner breathing, and by this word labour or exercise is comprehended all manner of running, riding, leaping, playing, wrestling, dancing, fencing, and carrying of burthens, and is accounted very necessary for our health: for let iron lie still and it gathers rust, the memory not exercised doth decay, so doth the whole body

body if it continue in idlenesse, it gathers together much phlegme, and excrements, which would be dissipated by exercise; for it doth helpe the naturall health, quicken the spirits, make all the senses the better performe their severall offices; it openeth the pores of our body, whereby all the excrements are consumed, and wasted; and finally it comforteth all the spirits and members, that they may the better undergoe their functions. In exercise, consider first, the time, which is the fittest before meate: and secondly, the manner of the exercise which is generall, or particular; generall, as playing at ball, and leaping; particular, as when one part only is exercised; as walking exercises the legges, fighting the armes, riding stirres the belly, calling and speaking loude exercises the lungs.

To the exercise of the body may also be added rubbings, and frictions which have been in greater esteeme then now they are, and were used in stead of exercises to such bodies as for weakenesse could use no other; they were performed either with the hands, sponges, or hard linnen clothes, which if seldome used do harden and condensate the flesh, but if often they attenuate, rarifie, and waste it.

Now as there are many conveniences by exercise used indue quantity, quality, and time; so is there many inconveniences and dangers proceeding of rest and idlenesse; as cruditie, obstructions, stones in the reines and bladder, goutes, apoplexy, and sundry others; and it not only dulseth the principall instruments of our body, but also of our minde.

CHAP. XII.

Of sleeping, and waking.

Sleepe is a rest and quietnesse of the whole body, and the cession of ^{*what sleepe is.*} the spirits and faculty animall from sense, and motion, fortifying the strength, helping digestion, and correcting the passions of the minde; it is caused when the braines are possessed with vapours that ascend, which by the coldnesse of the braines are turned into humours, which close the conduits of the nerves; for when we are waking, the animall faculties, as sense, motion, and all are at worke; but when we are sleeping, the natural functions are better performed, because the heate goes into the bowells whereby ^{*Sleepe in the day is hurtfull.*} is made digestion, which cannot be made by sleepe in the day so well; for the Sunne drawes the heate and spirits into the outward part of the body; and therefore sleep in the day is counted hurtful, because being wakened by noise, or by the attraction of the spirits by the Sun, the concoction begunne is not perfected, but the stomacke filled with crudities, and sower belchings, the braine filled with grosse vapours and excrementitious humidities, and is the cause of divers sicknesses, as catarrhes, &c.

But though sleepe in the night time be counted and esteemed wholesome; yet except it be restrained within certaine limits. it will prove otherwise; therefore eight houres is sufficient, for longer time hinders the

K

evacuation

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evacuation of the excrements, both upwards and downwards ; and the naturall heate which is never idle, drawes from them some ill vapour into the veines and principall parts of the body, to become some matter for a disease.

*How to
leepe.*

Also in our lying downe to sleepe we must observe this rule ; first to lye one our right side , that the meat may fall more easily into the bottome of the stomacke, which is hotter ; about an houre after is good to turne on the left side , that so the liver may with its lobes as with hands imbrace the ventricle , and as a fire under a Furnace may hasten digestion ; lye in no wise on your face, nor on your backe, for the first causeth defluxions in the eyes , the other inflammations in the reines, and stone, palsies, convulsions, and all diseases that proceed from the spinall marrow ; neither must we lye with our hands under our head , for that causeth defluxions of humours on the lights, nor sleepe soone after meate : painefull sleeping in sicknesse is no good signe, but altogether dangerous ; not painefull is a good token.

Dreames.

By dreames we often know the humour that hath dominion, and is superfluous in the body ; for the sanguine dreames are of marriages, mirth, dancings, gardens, and things pleasant, and libidinous : Cholericke dreames are fiery, bright, shining, burning, full of noise, and contention : Phlegmaticke dreames are cold, of floods, snowes, waters, showers, and falling from high places : Melancholicke dreames are sad, of caves, prisons, thicke darknesse, smoakes and dismall things.

Waking.

Much waking corrupteth the braine ; and hurts the temperature thereof, debilitateth the senses, alters the spirits,

Spirits, moveth crudities, breedeth heavinesse of the head, falling away, and wasting of the flesh, and dissipateth the naturall heat, and maketh ulcers very rebellious, and difficult to heale.

CHAP. XIII.

Of Repletion, and Inanition.



Repletion or fulnesse is made two waies ; either in quantity, or in quality ; in quantity, the body being distended with too much meate, drinke, and humours, and in so great a quantity that nature cannot overcome, from whence proceed infinite sorts of maladies: *Of fulnesse.*

in quality, when the meat exceedeth without any defluxion or society of any humour ; fulnesse in quantity is either *Repletio ad usum*, Or *ad vires*, fulnesse to the vessels : as when the stomacke and veines are so full that they are distended and stretched, that some are forced to vomit up againe that which they have taken in so great quantity ; fulnesse to the strength, is when the body is loaded with more meats than it can well beare, or the vertue, force or faculty thereof digest : There is also a fulnesse of humours caused sometimes by one humour, sometimes by all ; when it is by one humour, it is called *cachymia*, that is an evill juice, whether it proceed from a chollericke, phlegmaticke, melancholicke, or serous humour ; fulnesse that is caused by all

the humours is called *plethora* by the Greekes, in Latine, *plenitudo*, because it is an equall excessse of all the humours.

*Emptinesse
what it is.*

Inanition or evacuation is the expulsion of humours & excrements which are troublesome either in quantity, or quality, and this is either universally or particularly; the universall evacuation is the cleansing of the whole body from superfluous humours by purging, vomiting, sweating, opening a veine, scarification, friction, bathing, &c. the particular evacuation is only by evacuating, and purging some one part, as the braine is discharged by the nose, pallat, eyes, and eares, the lights by spitting, the stomacke by vomiting, the intestines by stoole, the liver, spleene, kidneyes, and bladder by urine, and this is done either naturally, or artificially, the Physitions art helping nature to performe it.

*Evacuati-
on.*

Evacuation is very necessary to prevent diseases, because excrements are the originall of divers, therefore it is chiefly commanded that the body be purged, & exonerated; some excrements are good, which are only in quantity excrements, as seed and menstruous blood; others are altogether unprofitable, which are excrements both in quantity and quality, as sweat, urine, and ordure, which are (as I have shewed you) generall, and the evacuation of the braine which is particular: First therefore, the retention of the seed doth acquire the force of poison in the body, as it happens in young widdowes that suffer suffocation in the wombe; so likewise the overmuch flowing thereof hurts the body as much, for they had as good lose so much blood: this you may perceive in sparrows, which scarce are known to live above two yeares, and the males lesse; therefore
whosoever

whosoever desire to preserve their health, let them not *Vener.* use venery but only to satisfie nature, that is for necessity, not for pleasure: also those that are melancholicke and cholerick are more prejudiced hereby then the phlegmatick, or sanguine; for the phlegmatick, are freed from many diseases, because the naturall heate encreased expels phlegme: Age is also to be considered, for young men that are in their flourishing age suffer more hurt then old men, that are cold and drie.

The immoderate and overmuch use of venery procures divers discomodities, as the faintnesse of the spirits, forgetfulnesse, losse of sight, sinking of the mouth, diseases of the joynts, astrembling, palsey, gowtes of all kindes, both in feet, hands and fingers, crampes, running of the reines, pissing of blood, shedding of urine involuntary, and divers times the French pox, with exulceration of the privities.

The monthly purgation, evacuates not onely the humours and ill juice of the belly, but also it cleanseth the body, and whole masse of blood; it diminisheth not the blood at all, but only taketh away the impurity thereof, for the crudest, thinnest, and the most saculent blood is purged by the wombe, which if it stayed, would generate many dangerous diseases by its putrefaction; for blood restrained putrifies, therefore in such, that often misse their naturall purgations, it is very fit, and necessary that they take decoctions, sirrups, or pilles, such as are to provoke them. *Menstruous fluxe.*

Now for the evacuation of tumours, I have seene divers that have dyed by the unskillfulnesse of such as had them in cure, or else by their carelesnesse, by letting the matter flow forth altogether at one time (and not by

little and little, and at severall times as it should) whereby not a little quantity of the spirits, and heat hath flowed out therewith, and so consequently a dissolution of all the powers.

CHAP. XIV.

Of passions and perturbations of the mind, which are commonly called the accidents of the mind.

*Accidents
of the mind.*



Perturbations or passions of the mind, are the suffering of the mind, either by joy, hope, love, hatred, anger, and the like, which bring great mutations in the body most necessary to be remarked, because of the great chances that ensue thereupon : for by these motions the heate and spirits are sometimes gently, sometimes violently diffused over all the body, for enjoying of the present or future good, or by receiving any affront, whereby many have so exceedingly been moved, that they have died.

What joy is.

Joy is an affection of the minde, of a thing good, and pleasant, which recreates and quickens all the faculties, and stirres up the spirits ; for it proceeds from the heart mooved by the facultie at the thing causing mirth, and the heart thus mooved is dilated and ready to receive the exhilarating object, and by the force of the dilatation, it sends forth much heat and spirits together with the blood into all the body, insomuch that oftentimes death ensues, because the heart is altogether destitute of blood.

Anger

Anger, is a suddaine revocation or calling back the spirits to the externall parts with a desire of revenge; it causeth the same effusion of heate in us as joy doth, but farre speedier; it inflameth the whole habitude of the body, spirits, and humours, and also the braines, and nerves. *What anger is.*

Sorrow, dries and wastes the body by a lingering consumption, because by it the heart is strained, the heat extinct, and the spirits cannot be generated, nor if any be, yet they cannot freely passe into the members with the blood. *Griefe.*

Feare, is a motion which calles back and drawes in the spirits to the heart by the arteries, and not by little, and little, as sorrow, but suddenly, and violently which suffocath the naturall heate, causeth trembling, maketh the face pale, and the extreame parts cold, with an universall shaking and pullation of the heart. *Feare.*

Shame, is a motion of our body, mixed of anger, and feare; anger for being suspected or knowne in a fault, and fearing the judgement of others; if feare prevaile over anger, the face waxeth pale, the blood running back to the heart, but if anger get the dominion, then on the contrary, the blood runnes to the face, and the eyes look red; but there is another kind of shame which we call shamefastnes, in which the blood goes, and comes forward, and backward, but it is a gentle motion not hurting the heart, and is familiar to yong maids, who often blush by being taken with a fault unawares. *Shame.* *Shamefastnes.*

These things ought to be considered by every practitioner in the curing of any disease; for if any accident happen that shall procure any one or more of these perturbations and passions, you shall easily perceive a suddaine alteration

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alteration in the patient : Next I shall shew you the things against nature, which are such as are apt to weaken and corrupt the state of our body.

CHAP. XV.

Of things against nature, which is the third part of Physicke, and first of a disease.

What are things against nature.

What a disease is.



Diseases against nature are three; a disease, the cause of a disease, and a symptom.

A Disease is an affect against nature, which manifestly hurteth the operations of the body; health is an effect according to nature perfecting the actions of

Distemperatures.

our body : A disease is threefold, distemperature, evill conformation, and solution of continuity ; distemperature is a disease, of the similar parts, of it selfe hurtfull ; diseases of the similar parts are as many as there are distemperatures, and so many distemperatures as there were at the first, kindes of temperaments; whereof foure are simple, as hot, cold, moist, and dry; as many are compound, as hot and moist, cold and dry, cold and moist, hot and dry; the distemperature is called hot, when the naturall heat is augmented and encreased so much either in all or in part, that it hurts the operations, and so of the rest.

Evill conformity.

Evill conformity is a fault of the organick parts, and is called a disease in number, as when some thing abounds,

abounds, or somewhat wants that is needfull towards the undergoing of the function of the organick part; as if a hand have foure or six fingers, it cannot so well take hold on any thing; if a man have but one testicle or more then two, he is not so fit for generation: Also such things as grow against nature and adhere to some part, as a polypus in the nose, a caruncle in the conduit of the yard and the like; these are diseases in number, but if a member be cut off either in part or in all, it is a disease of defect, and of this sort are all such things as are contrary to nature, as the stone, wormes, and the like: likewise if an arme or a legge be too long, or too short, or if any part be either bigger or lesser then is necessary, it is called a disease of greatnes; for nature hath given to every part a certaine kind of species, and bignes, which if it exceed, or be lesse, then it is not right: if the testicles, pappes, or the belly wax so big, that the actions are thereby hindred, it is called a disease of encreased greatnesse in one part, as when the tongue is longer or shorter then it should be, it hinders the speech; But besides the number of the parts, and the just number of the parts, and the equall proportion, it is required, that they have a right situation, and that they joyne all together as nature hath appointed in a well compos'd body; from hence it is that if any member be out of joint, if the intestines fall down into the flank or cod, if the right gut come out, it is called a disease in situation, wherto pertains the growing together of the lips, fingers, and secret parts of women, eyther from the birth, or by an ulcer.

Besides number, magnitude, and situation is also required, a conformation of the instrument, which consists of foure things; 1 the figure, 2 the cavity, 3 the smooth-

L

thnesse

ness, & the roughness: some have their nostrils either by nature or accident depressed and closed, some their nose either turning too much up, or pressed too much downe, which we call a disease in figure, also crooked legges are called a disease in figure; if the pores of the skin, the veines, arteries, nerves, or ueters, are too big and wide, or too narrow, and small, or crushed by some neighbouring part, it is called a disease in the passage, or hollownes, the like if the guttes are stopped: when the part made by nature light, becomes heavy; as the *aspera arteria*, whose inner coat ought to be light, if it be made heavier, or sharper by some acride distillation, or if the part which ought to be rough, as the ventricle, wombe, and guttes, the better to containe, if they be made light or smoth, as it happens to the guttes affected with a fluxe, and to women with child, who miscarry by reason of the slipperiness of the wombe, it is called a disease of roughnes, or smoothnes.

*A solution
of continu-
ity.*

A distemperature only hurts the actions of the similar parts; an organicall disease hurts the instrument: but a solution of continuity, as an ulcer, a wound, a fracture, a luxation, and tumors against nature, doe hurt both the operations of the similar parts, & trouble and hinder the use of the instruments, and therefore are called common diseases; a fracture in a bone is called a solution of continuity, in a nerve a convulsion, in a ligament a divulsion, in the skin the excoriation, in the flesh a wound, ulcer, rupture, contusion, a rupture of the fleshy part, as of a muscles, and sometimes of a veine or artery is a solution without a wound; a wound is a solution of continuity in the fleshy part from an outward cause, an ulcer from an inward cause, as a sharp corroding humour.

CHAP.

CHAP. X VI.

Of the causes of diseases.

THE cause of a disease is an affect against nature which causes the disease, which is either external or internal: the external is that which is outwardly and evidently upon our bodies, as strokes, falls, shot, woundes, &c. the internal have their seat in the body, and are divided into an antecedent, and a conjunct; the conjunct is it which neereſt and immediately cauſes the diſeaſe, as the blood, which cauſeth a phlegme: the antecedent doth not actually cauſe a diſeaſe but procures matter and ſtirſ it up almoſt to the making of a diſeaſe, but between it and the diſeaſe are ſome cauſes placed, as abundance of humours, and ill digeſtion, and theſe things muſt chiefly be conſidered, before we think of expelling the diſeaſe, becauſe diſeaſes are firſt cured by removing the cauſe antecedent, and then the cauſes conjunct: The external ought to be knowne becauſe they breed diſeaſes internal and wonderfully change the body, therefore to be ſought with all diligence, that they bring us to the knowledge of the hidden internal diſeaſes: The external are either not to be avoided and amended, but neceſſarily enter into our bodies, as aire, meat, and drinke, labour, and reſt, ſleepe, and watching, repletion, and evacuation, and perturbations of the minde;

*The cauſes
of diſeaſes.*

*How to re-
move a diſ-
eaſe.*

or to be avoided, and unnecessary, as warre, wounds by swords, or stones, and the like.

The cause of a disease commeth sometimes from the corrupt matter whereof they are generated, as when either the father or mother is not sound, then needs must the seminall matter be infected, and thus the disease is called hereditary, some are ingendred after our birth; as by the evill regiment of life, by strokes, falls, &c. as you have heard.

CHAP. XVII.

of a simptome.

*What is
Symptome it.*



Here is (as I have shewed you before) three affects contrary to nature; the cause of a disease, the disease, and a simptome; the cause goeth before the disease, a simptome accompanies it, just as the shadow goeth with the body: in the generall signification it is called any thing whatsoever that chanceth to man contrary to nature, for whether it be cause, or a disease, yet if they come in a disease and are over, and above nature, they are properly called symptomes.

There be three kinds of a simptome; first when the action is hurt, which may be done three waies, they may be abolished, diminished and weakned or depraved; as when an eye is blind, the action of seeing is depraved, or abolished,

abolished; dulnesse of sight is a diminution or weakning thereof, and a suffusion which hapneth in the beginning of a cataract is a deprivation of the sight.

The second is the immoderate evacuation or retention of excrements, as by retaining such as should be evacuated, and expelling those as should be retained; as bleeding in a sound heathfull body that is not plethorick, and retention of the courses in women, urine, and stone in the bladder.

The third is a simple affect of the body, or a mutation of some qualities contrary to nature, as the scabbe of the flesh to a leprosie.

Thus I have shewed you the brieve introduction to the art of physick, wherof I have only gathered together the chiefe and principall heads, because it is so largely discoursed on by others, yet out of such a magazine, I thought it not amisse to extract a small proportion, briefly to instruct the practitioner in the chiefe things belonging and necessarily to be considered in the administration of medicaments; for the chiefe thing that belongs to a Physitian is to know the causes of thinges, which the antient Philosophers got by admiration of the fabrique; next I shall shew you the exposition of some wordes difficult to bee understood, and so (as breisely as I can) proceed to the medicaments.

CHAP. XVIII.



Criticall daies be such daies on which there is or may be perceived some manifest alteration in a sick body, either to health, death, or continuance of sickness, and are very necessary to be observed; the critick day doth often happen after the beginning of the sickness, the 3. 5. 7. 9. 11. 14. 17. 21. 28. day, in which daies neither medicines, nor bleedings should be used, neither any naturall, or voluntary evacuation be stopt, as flux of the belly, bleeding at the nose, urine, sweate, vomiting, flux of the hemorrhoids or courses in women; some follow the Egyptians rule in observing certaine daies, wherein if any fall sick or be hurt they shall hardly escape, which are these, the 1. and 7. of *January*, the 3. and 4. of *February*, the 1. and 4. of *March*, the 8. and 10. of *April*, the 2. and 7. of *May*, the 10. and 15. of *June*, the 10. and 13. of *July*, the 3. and 2. of *August*, the 3. and 10. of *September*, the 3. and 10. of *October*, the 3. and 5. of *November*, the 7. and 10. of *December*; As likewise the 10. of *August*, the 1. of *December*, and the 6. of *April*, are observed by Philosophers as perillous to take any surfeit therein by overmuch eating: It is likewise observed by an antient Philosopher *Arabian*, that there are three mundayes in the yeare very unfortunate either to let blood or begin any worke of importance viz. the first munday in *April*, on the which *Caine* was borne, and his brother *Abel* slaine: the first munday in *August*, the which day *Sodom*, and *Gommorha* were consumed: And the last munday of *December* on the which

Ill dayes.

Indas

Judas Iscariot was borne, who killed his father, married his mother, and betrayed his master, our Saviour. And these three mundaies with Childermas day which is the eight and twentieth of *December*, are by divers scholars held unfortunate to all men, and subject to divers mishaps. Some daies there are also which are observed by old writers to be very fortunate daies, for any busines to be undertaken in; also that children borne in those daies should never be poore, children put to schoole in those daies should be rich and the like the daies are these; the 3. and 13. of *January*; the 5. and 28. of *February*; the 3. 22. and 30. of *March*; the 5. 22. and 29. of *Aprill*; the the 4. and 28. of *May*; the 3. and 8. of *June*; the 12. 13. and 15. of *July*; the 12. of *August*; the 1. 7. 24. and 28. of *September*; the 4. and 15. of *October*; the 13. and 19. of *November*; the 23. and 26. of *December*; and this shall suffice for the opinions of the more curious sort of the learned. Of the fourth part of Physick which is of the signes of diseases presaged by the urine, stoole; pulse, sweate, vomite, bloud, asthrologicall signes, crisis, &c. I shall treat of in the next impression; having not so much time now as scarce to finish the fift part as it should be. Good daies.

CHAP:

CHAP. XIX.

Bleeding.

Phlebotomie or bloodletting is an incision artificiall of a vein evacuating the blood with the rest of the humors : it was first invented by the river horse inhabiting in *Nilus* that famous river of Egypt, who when he findes himself charged with overmuch blood, by rubbing his thigh against the sharp banke opens a veine, and discharges the superfluous blood, which he stoppeth likewise when he sees convenient time by rowling it in the thicke mud.

Phlebotomie is not used in children before 14. nor in old men after fourscore without great necessity ; also the strength of the party must be considered that the quantity of blood evacuated may be according ; and if it be only for preserving of health, let it be neither in summer nor winter but in the spring time, and in the morning before the day grow hot.

The veine in the forehead being opened is good for paine in the hinder part of the head, which place first ought to be fomented with warme water : The veins of the tongue are opened assant in a squinancy, without any ligatures about the neck ; the inner veine of the left arme is opened for discaise in the lunges ; the liver is purged by the inner veine of the right arme ; the wombe by the veine under the ankle ; but for the gout, or megrim, it is not amisse to open the veine of the part affected.

Draw blood from the sanguine, the moone being in *Taurus, Virgo, or Capricorne* ; from the phlegmatick in *Aries,*

Aries, or *Sagittarius*; from the cholerick in *Cancer*, or *Pisces*; from the melancholicke in *Libra*, or *Aquarius*, but beware you open not a veine in that part where the signe is, becaule it hath beene often found very dangerous, unlesse necessitie urge, but by no meanes let it be upon a criticall day; for then it is not good to administer any medicine, purge, or bleed, as I shewed you before. Three daies were observed of the antients wherein they would by no meanes let blood; the first of *August*, the fourth of *September*, the eleventh of *March*.

Now blood is let by opening of a veine for five principall respects, the first is to lessen the abundance of blood as in phlethorick bodies: The second is to divert, as when a veine in the right Arme is opened to stay the bleeding of the left nostrill. The third is to allure or drawe downe, as when the *saphona* is opened to drawe downe the courses in women: The first is for alteration or introduction of another quality, as when in sharpe feavers a veine is opened to draw out that blood which is hot, and coole that which remaines behind: The fifth is to prevent diseases, as in the spring and autumn we open a vein in such as are subject to spitting of blood, squinancie, plurisie, falling sickness, apoplexie, madness, gout, or in such as are wounded to prevent inflammation.

Arteriotomie is the incision of an Artery and is much used now a daies chiefly in the temples, and behind the eares, for catarrhes, and de fluxions in the eyes, breast, and maladies of the head, and inveterate headach.

M

C N A P.

C H A P. XX.



Oxing or cupping is the application of some instrument, either for the evacuation of some humour under the skinne, or to divert the course of some humour to an other part, and to draw away such things as are hurtfull to nature; they are for the most part of glasse with wide bellies, and are sometimes applied with Icarification and somerimes without: the way to apply them is thus, put into the glasse a little dry flax and stick it to the bottome of the glasse with a little wax, then light the flax with fire and apply the glasse to the place, when the flesh is swollen up, presse it about the edges, and the glasse will fall off: then with an incision knife scarify the place a little, and apply the cupping-glasses as before, and draw as much blood as shall seeme convenient, then drie the place with a soft cloth and anoint it with oyle of Roses and sleepe a while after.

Leaches

Where cupping-glasses cannot be applied there we put horseleaches as to the gums, nose, fingers, wombe, and fundament; anoint the place first with the blood of some other creature that they take hold the more egerly, and apply them to the place holding them in a linnen cloth, for if you handle them in your bare hand they will be stomachfull, and will not bite; when they are filled with blood and fall off, then either apply more leaches or elle cupping-glasses, to cause them to fall off, you shall put some powder of aloes, salt, or ashes upon their heads, also if you desire to know how much blood they have

have sucked, sprinkle them with salt powdered, and they will vomite it up againe, if you cut off their tailes as they are sucking they will have no end of sucking untill you put them off, if the part bleed much after the leaches are off, you shall cleave a beane in two, and presse the one halfe upon the place and binde it on, or burnt cotton, applied will stay it.

Note that those that have the head greater then the rest of the body, and are greene coloured, glittering with blew raies on the back the rest of the body being black, are in no wise to be applied to any place for they are very dangerous, but chuse such as are found in cleare water in ponds, and sandy ground, that have their heads little and bodies small, round, red bellied, the backs striped like threads of gold, and these must be kept in a jarre glasse in cleane water, changing the water once in two or three daies, putting into the water a few crummes of white bread.

What leches are the best.

CHAP. XXI.



That kind of potentiall cauterie which is used now adaies amongst the common sort is only to make an issue either in the legges, thighes, or armes, to cleare the bloud by some disease corrupt, or to draw humours from some place, and

Making of issues.

is done after this manner: Take the bark of an ash tree and burne it to ashes, then immediatly while they are hot binde them up, hard in a linnen cloth, the bignes of a pistoll bullet, and (having marked the place) you

M 2

shall

shall dip the cloth into warme water and so hold it very hard upon the place with the other hand on the contrary side, that so you may hold it the harder: hold it thus about halfe an howre or something more, and then it will have mortified the place that it will look black, then take away the caustick and apply two Ivy leaves pricked with a sharp stick, or bone, and over it browne paper with a compresse of linnen cloth, and so bind it up, dresse it twice a day untill the core come out which will be in 6. or 7. days; then put into it a white pease or a bullet made of white wax, and dresse it as before; if it chance to grow over with proud flesh, you may rowle your pease in burat Allome powdered, and so put it into the issue.

To know the
right place
wherein to
make an
issue.

You shall know the right place thus; put your finger on the inside of your thigh three or foure fingers above the knee, and move the leg up and downe, and if you feele no nerve nor muscle move under your finger, there you may safely apply your cauter, and if it be sore before the core come out, you shall anoint it with *unguentum album*, or populeon, described hereafter.

CHAP.

CHAP. XXII.

Weights and measures used in physick are these that follow with their marks and notes.

A Pound medicinall	is 12. ounces	lib.
An ounce	is 8 drammes	℥.
3 Scruples or 60 graines	make a dramme	℥.
20 Graines	make a Scruple	℥.
2 Oboli	make a Scruple	obol.
A Graine		gr.
A Handfull		m.
As much as one can take up betweene } his finger and thumbe		p.
As much as one can drinke at } a reasonable draught		cyath.
A quart		q.
Halfe or semis		ss.
Of each one a like much		ana.

Measures.

Rootes	by these notes.	℥ ℥. p. m.	A Cochlear in sirupes contains halfe an ounce in distilled wa- ters ʒij. Ciathus is—℥jss. Hemina which is also called Coryla — ℥ x. Libra — ℥xij. Sextarius — ℥xviii. Congius is vi. Sextaries.
Barks		℥ ℥.	
Seeds		℥ ℥.	
Fruites		an. p ℥ ℥ ℥.	
Flowers		p. m. ℥ ℥.	
Pulces		p. ℥ ℥.	
Numero			n.
Recipe			R.
Sufficient quantity			q.s.
Equall portion			p. z.

CHAP. XXII.

*A Catalogue of such instruments as are requisite in
private house. for those that are desirous to
compound medicines themselves.*

First a great Morter of marble, and another of brass.
A rowler to rowle lozenges.
Spatulaes of all sizes.
Copper pannes to make Decoctions.
An Iron ladle to prepare lead.
A grinding stone and mullet.
Pulping sieves.
Haire sieve covered.
Hippocras bagges.
Little cotton blankets for straining.
Scales and weights.
Presses.
Raspes to raspe hartes horne, quinces, &c.
A square woodden frame with nailes at each corner to
hold the strainers.
An incision knife.
A levatory.
Probes.
Siringes to make injections.
Forceps to drawe teeth.
A lancet and cupping-glasses.
Gally pots and boxes of all sorts to keep sirups, oiles, &c.
Glasses for cordiall powders.
Cauteries to make issues.
Pipes with fenestells, and needles fit for sutures.

Ligature

Ligatures, bandes, swathes, of woollen, and linnen.
Powder to stay blood.
Pledgets, compresses, boulders.
A bathing chaire.
A limbecke and small still with receivers, as for other things you may furnish your self as need shall require.

CHAP. XXIV.

For the better understanding of some hard words
used in this worke you must note that,

A Tenuate, to make thinnel.
Astringent, binding.

Abstergent, to wipe.

Agglutinate, to glue or fasten together.

Asthma, an inveterate cough.

Attractive, drawing.

Calefe, to heat.

Cicatrize, to skinne a soare.

Corroborate, to strengthen.

Compresse, a linnen cloth often folded.

Discussient, to discusse or dissolve.

Distergent, to cleanse.

Digest, to put over the meat,

Disperse, to scatter.

Decoction, the boyled licour of any thing.

Deterfive, cleansing.

Dilate, to open wide.

Emollient,

Emollient, to soften.
Effusion, shedding.
Exhilarate, to make merry.
Extenuate, to make thinne.
Excreſcent, growing up.
Exciccate, to drie.

Humect, to moiſten.

Indurate, to wax hard.
Incaruate, to fill with fleſh

Lenitive, mild or gentle.
Leviſe, to make light, or to eaſe.
Ligaſure, a binding of linnen cloth.

Refrigerate, to coole.
Repercuſſe, to beat back.
Repreſſe, to beat downe.

Sextarius, a pint and a halfe.

Suppurate, rott.

Valnerary potion, a drinke healing wounds.





CHAP. XXV.

What a Medicine is, and the difference of Medicines.



Medicine is that which hath power to change the body according to one or more qualities, and that such as cannot bee changed into our nature, the contrary whereof is that nourishment which may be turned into the substance of our bodies.

*Medi-
cines.*

All sorts of Medicines may bee had from Beasts, Plants, Earth, Water, & Aire; from Beasts some we take whole, of some but part, we oft-times in Physicke use whole creatures, as Foxes, Whelpes, Vipers, Cantarides, Frogs, Snailles, Wormes, Serpents; We also use some parts of them, as Liver, Heart, or Braines; also of the Bones, as a Mans Scull, Marrow, Grease, Blood; likewise of the Excrements, as Haire, Urine, Dung, Spittle, Hornes, Honey, Waxe, Wooll, Sweate.

*From
Beasts.*

Medicines are taken from Plants sometimes whole, as Succory, Mallowes, Plantaine, and the like, we use often whole; sometimes only the rootes of Plants, the Pith, Wood, Barke, Leaves, Blossomes, Seeds, Fruits,

*From
Plants.*

*From the
Earth.*

Iuices, Gums, Oyles, Mosses, Rosines, and the like.

Medicines taken from the Earth, are either Earths, Stones, or Minerals; the sorts of Earth, are Bole-armenick, *Terra sigillata*, Fullers earth, Chalk, Clay; Stones are the Pumix, Marchisite of Gold, Silver, Brasse, Marble, the Loadstone, Chalke, Limestone; Mettalls and Minerals are Gold, Silver, Brasse, Iron, Lead, Tinne, Steele, Brimstone, Litharge of Gold and Silver, Antimony, Cerus, Verdigreace, Allome, Vitrioll, Salts of sundry kindes.

*From
Water.*

From Fresh water, Raine water, Spring water, River water, water Lentile, common Flags, Water-Lillies, and all such creatures as live therein; from the salt Water, Salt, Corral, Shels, Sponges, and all Sea creatures; from Waters mixed of salt and fresh, Asphaltum, the herbe Androsace, &c.

*From the
Aire.*

Medicines from the aire are Manna, Honey, Dew, and the like.

Now all these sorts of Medicines are endued with one or more of the foure faculties.

The simple quality is either to	{	Heat, or	{	The com- foundari- sing from two joyned- qualities, either	{	Heates and dries.
		Coole.				Heates & moistens.
		Humect, or				Cooler and dries.
		Dry.				Cooler & moistens.

The effect of these qualities is distinguished into these orders which we terme degrees, that they may resist a discaise in the same measure and proportion; The first degree doth alter and change somewhat obscurely, The second manifestly, The third with great efficacy and vehement labour, The fourth excessively alters and expells sense by its violence.

As for an example of Heat, warme water is temperate, that which is a little hotter is in the first degree of heat,

1.
2.
3.
4.



heat, if manifestly hot, it is in the second degree, but if heat more vehemently, it may be thought to come to the third, but if it scald, then it is arrived at the fourth degree of heate.

Temperate Medicines be such as doe manifestly neither Heate, Coole, Moisten, nor Dry; intemperate Medicines are those that are plainly hot or cold.

2 The second faculties of Medicines depend upon the first, as of heate to rarifie, attract, open, attenuate, levigate, cleanse; on the contrary, as of cold to condense, repercussè, shut up, incrassate, exasperate, constipate; of moisture, to soften and relaxe; of driness, to harden and stiffen.

3 The third faculty of Medicines is to agglutinate, fill with flesh, to cicatrize, assuage paine, move or stay Urine, Milke, Seed, Courses, Sweate, Vomits, and the like. The generation of flesh proceeds from two of the faculties, drying, and cleansing, heate only mittigateth paine.

4 The fourth faculty of Medicines is that which causeth the Medicine to worke upon one part or humour, and not upon another, as some purge the head, some the stomach, some the gutts, some phlegme, some melancholy, and the like.

C H A P. XXVI.

The forme of making Medicines.

Of Clisters.

A Clister is a Medicine cast into the bowels by the fundament, and is made of Roots, Seeds, Fruits, Flowers, flesh of Beasts, Oyle, Honey, and the like; the quantity is according to the disposition of the Patient,

Clisters.

as halfe a pound, one pound, or three quarters of a pound: As for example, Take Mallows, Violets, Althæa, leaves of Willow, water Lillies, soethe them, and put to the decoction *Cassia fistula*, Sugar, oyle of Violets, and of Roses, which profiteeth much in Strangury. The manner of giving a Glister is thus; when it is strained and cooled sufficiently, you shall have the pipe ready, with a bladder and a corke fitted to the pipe; with a thred to pull it out when you have put up the pipe, then stop the pipe with the corke, and poure the decoction into the bladder, and tie the bladder fast, and let the Patient put it up into his fundament, lying on his bed, on his right side, and nothing about his belly to gird it, then pull out the corke by the thred, and with the hand by little and little crush up the Glister, and let him retaine it about halfe an houre if he can.

CHAP. XXVII.

Of Suppositaries.

Suppositaries.

A Suppositary is a certaine long round Medicament which is put into the fundament to provoke the expulsive faculty; their forme is round and longish like a waxe Candle, and are made of weake things, as the rootes of Beets, the stalkes of Mallows; or of strong purging Powders, as Hiera without salt; or sharpe, as with Scamomy, or with Honey; as for example, boyle Honey untill it waxe thick and hard, and make thereof a Suppositary in forme aforesaid, and let the Suppositaries be foure, five, or sixe fingers in length.

CHAP.

CHAP. XXVIII. Of Nodules.

A Nodule is made up in the forme of a Filbert or Beane, and is used against clefts and swellings in the fundament, they are made of gentle Medicines, as the yelkes of Eggs with a little Salt and Butter tied up in Cloth or Wooll, and a thred left to draw it our by, they are used as Suppositaries are.

CHAP. XXIX. Of Pessaries.

A Pessary is thicker and longer than a Suppositary, & is appointed for the wombe, it is made of Wax, or of Cloth, or Cotton, or of Lint, first dipped in an ointment, and wound about with filke, and a thred hanging thereat, that it may be easily drawne forth; they are used in all diseases of the wombe, and for the stopping of the monthly visits; as for example, a Pessary against the suffocation of the Mother is made thus, R. Benioini, Styracis, Carioph. ana \mathfrak{z} i. gal. mosch. \mathfrak{z} ss. moschi, gr. vi. *Fiat pulvis*, this being made up with Cotton, may be put into the body.

CHAP. XXX. Of Iuleps.

A Iulep differs from a Sirrup only thus; a Sirrup is more boiled than a Iulep is, and a Iulep is only simple without the permixtion of any other decoction with it; also a Iulep is any kinde of Sirrup dissolved in foddren water, as the Sirrup of Roses, Violets, &c.

as halfe a pound, one pound, or three quarters of a pound: As for example, Take Mallows, Violets, Althæa, leaves of Willow, water Lillies, seeke them, and put to the decoction *Cassia fistula*, Sugar, oyle of Violets, and of Roses, which profiteth much in Strangury. The manner of giving a Glister is thus; when it is strained and cooled sufficiently, you shall have the pipe ready, with a bladder and a corke fitted to the pipe, with a thred to pull it out when you have put up the pipe, then stop the pipe with the corke, and poure the decoction into the bladder, and tie the bladder fast, and let the Patient put it up into his fundament, lying on his bed, on his right side, and nothing about his belly to gird it, then pull out the corke by the thred, and with the hand by little and little crush up the Glister, and let him retain it about halfe an hour if he can.

CHAP. XXVII.

Of Suppositaries.

Suppositaries.

A Suppositary is a certaine long round Medicament which is put into the fundament to provoke the expulsive faculty; their forme is round and longish like a waxe Candle, and are made of weake things, as the rootes of Beets, the stalkes of Mallows; or of strong purging Powders, as Hiera without salt; or sharpe, as with Scamomy, or with Honey; as for example, boyle Honey untill it waxe thick and hard, and make therof a Suppositary in forme aforesaid, and let the Suppositaries be foure, five, or sixe fingers in length.

CHAP.

CHAP. XXVIII. Of Nodules.

A Nodule is made up in the forme of a Filbert or *Nodules*
Beane, and is used against clefts and swellings in
the fundament; they are made of gentle Medicines, as
the yelkes of Eggs with a little Salt and Butter tied up
in Cloth or Wooll, and a thred left to draw it out by,
they are used as Suppositaries are.

CHAP. XXIX.

Of Pessaries.

A Pessary is thicker and longer than a Suppositary, *Pessaries.*
& is appointed for the wombe; it is made of Wax,
or of Cloth, or Cotton, or of Lint, first dipped in an oint-
ment, and wound about with silke, and a thred hanging
thereat, that it may be easily drawne forth; they are used
in all diseases of the wombe, and for the stopping of the
monthly visits; as for example, a Pessary against the
suffocation of the Mother is made thus, R. Benioini,
Styracis, Carioph. ana ℥i. gal. mosch. ʒ ss. moschi,
gr. vi. *Fiat pulvis*, this being made up with Cotton,
may be put into the body.

CHAP. XXX.

Of Iuleps.

A Iulep differs from a Sirrup only thus; a Sirrup is *Iuleps.*
more boiled than a Iulep is, and a Iulep is only
simple without the permixtion of any other decoction
with it; also a Iulep is any kinde of Sirrup dissolved in
fodden water, as the Sirrup of Roses, Violets, &c.

CHAP. XXXI. *Of Pills.**Pills.*

PILLS are easily made by putting together the ingredients according as you shall finde fitting to the disease, and so with some convenient Sirrup, as Maiden-haire, or with Hydromel, or some other Liquor, they are formed to the bignesse of a small Pease.

As for the rest, they are so easily made, as that I need not prolong my selfe in treating of them, these I have only shewed the meaner sort of people, and such as I know, though they had the simples ready, yet could not tell how to compound them as they ought to be.

Next I shall shew you the making of all kindes of Vngvents, Oyles, Emplasters, Sirrups, Eleaquares, &c. which are necessary to be used in any private house. And also the nature and effect of every Medicine, which many that have published them have neglected to doe, and also have failed in the true setting of them downe, which might drive the practitioner into a great error.

Vngvents.



Unguent.

CHAP. XXXII.

To make Vnguentum anrcium.

R. Yellow Wax \bar{z} vi. good Oyle lib. ii. Turpentine \bar{z} ii. Rosin and Colophoni \bar{z} i fl. Olibanum, Mastick, ana. \bar{z} i. Saffron \bar{z} i. make an Vnguent. First dissolve the Wax in the Oyle, then put in the rest of the things finely bruised; when they are dissolved take it from the fire, and put in your Turpentine. It doth mildly deterge wounds, agglutinate and safely cure them.

Vnguentum Ennlatum.

R. Roote of Elecampane sod in Vineger and bruised, lib. i. Hogs greafe, Oyle, ana. \bar{z} iii. new Wax \bar{z} i. Quicksilver extinct, Turpentine washed, ana. \bar{z} ii. common Salt beaten, \bar{z} fl. Melt the greafe and waxe in the Oyle, then adde the Enula campana, Quicksilver and Salt, lastly the Turpentine, kill the Quicksilver with a little Greafe and Turpentine. This ointment is marvellous effectuall against the Itch, or Scabs, either dry or moist.

Vnguentum

Vnguentum Populeon.

3 R. Of the buds of Popular fresh gathered lib. i. macerate them in lib. iii. of fresh swines greace prepared for the space of two months, then R. of the leaves of red Poppy, leaves of Mandrake, leaves of Henbane, tender crops of Brambles, Nightshade, Lettuce, Houseleeke, Stone crop, great Burres, Penny grasse, ana. \mathfrak{z} iii. good Wine lib. i. bruise them & mixe them with the buds of Popular, then set them in a warme place for eight daies, then adde one pinte of strong Vinegar, and boile them till it be consumed, which may be perceived by casting a little thereof into the fire, then straine it forth and put it up. This Vnguent asswageth Phlegmons, burning of Agues, heat of the Head, and Kidnies, and anointed upon the Temples procureth sleepe.

Vnguentum Egyptiacum.

4 R. Verdigreace \mathfrak{z} v. good Honey \mathfrak{z} xiiii. strong Vinegar \mathfrak{z} vii. all these being boiled together untill it be thick, and of a purple colour, this doth forcibly cleanse ulcers inveterate, and fistulous, and doth consume proud spongiuous, and dead flesh.

Vnguentum Apostolorum.

5 R. Turpentine, white Waxe, Rosine, ana \mathfrak{z} xvi. Opponaxe, Verdigreace, ana \mathfrak{z} ii. Ammoniacum \mathfrak{z} xvi. long Aristolochia, great Incense ana \mathfrak{z} vi. Myrrhe and Galbanum ana \mathfrak{z} iii. Bdellium \mathfrak{z} vi. Litharge \mathfrak{z} ix. Oyle lib. ii. make an Ointment, mingle the Litharge with two ounces of Oyle, and let them stand five houres, then
boile

boile it gently untill it be thick as Honey, alwaies stirring it, then take it from the fire and put to the Wax and Rosin, being dissolved with the rest of the Oyle; then whiles it is cooling, put to the rest of the Gummes dissolved in Vinegar boiled and incorporated with the Turpentine, then the Aristolochia, Myrthe, and Frankincense are to be mingled, and lastly, the Verdigrease finely powdered, and sprinkled in. This Vnguent doth by deterfion purge Wounds and rebellious Vicers, and Fistulaes, wasteth dead Flesh, and encreaseth new.

Vnguentum Album.

6 R: Cerus \mathfrak{z} iiii. Litharge \mathfrak{z} β . lay them a good space in Rosewater, then put them into a Mortar, and by little and little poure in so much Rose oyle as they can drinke up, continually stirring and tempering them, untill they come to the forme of an Vnguent, then adde thereto a little white Vinegar, and of Camphire \mathfrak{z} i. β . It is cooling, asswageth Paine and Inflammation, and is good for Scabs, Itch, and Excoriation.

Vnguentum Vulpinum, or Ointment of a Foxe.

7 Take a Foxe, and draw out the Entrailes, then take Sage, Rosemary, Iuniper leaues, and berries, Dill, wilde Marjoram of the Garden, Lavender, Camomile, of each halfe a pound, stampethese herbes in a Mortar of stone very finely, then cut the Foxe in pieces, and put him with the herbes into a vessell of eight gallons, and put to foure pintes of Oyle Olive, Oyle of Neats feete one pound, Calves suet, Deere suet, Goose grease, Brockes grease, of each one pound and a halfe, of Sea-water three quarts, and as much of good Malmesey, set all together

on the fire, and boile it till the Wine and Water bee consumed, and that the flesh and bones bee separated asunder; then take it from the fire and straine it, and presse it through a strong Canvass cloth, and so reserve it to your use as a most precious oyntment against all Aches, and to restore Limms and loyns lamed through paine of the Gour.

Vnguent of Saint Cosme and Damian.

8 R. Pimpernell, Vervine, Betony, ana m. i. stampe them, and put to them of white Wine lib. ii. β . boile them together in a tinned vessell to the wasting of three parts, then straine them, and set the decoction over the fire againe in a glased vessell, then R. Turpentine washed $\frac{3}{4}$ vi. Rosin washed lib. i. new white Waxe $\frac{3}{4}$ iiiii. when they are melted altogether in the same glased pot, add to them Mastick powdered $\frac{3}{4}$ i. of the Milke of a woman giving suck to a Male and a Female Childe ana $\frac{3}{4}$ ii. boile them to a perfect body, it availeth for all Wounds, and namely of the Sinewes, also for Cankers, Fistulaes, and S. Anthonies fire.

A very good ointment for any Ach, or Bruise, for any Noife in the head, or to draw out a Thorne.

9 R. Rosin, and a little red Deeres suet, and a little Camphire, and a little white Wine, let them boile a walm or two after all the Suet is melted, then straine it into white Wine, and beate it untill it come to an ointment, then put it up in pots, and when you use it you shall chafe the Part before the fire very well, and then anoint it.

An Ointment of the Wormes of the earth, good to strengthen the Back, to coole it, and take away the Ache.

10 R. A great platterfull of long Wormes of the earth, lay them upon Fennell, or such like to scoure, the space of foure and twenty houres; then chop them small, and put to them a quart of Neats-foot Oyle, then take a platterfull of field Daiesies chopped very small, all save the roobes, (let them be a platterfull when they are chopped) and put them to the Oyle and Wormes, then boile them together upon a soft fire for two houres, then strain it and keep it for your use: it is to be made either in April, or about Michaelmas.

An Ointment for a Bruise, and Swelling, also for the Piles.

11 R. Of red Sage \mathfrak{z} vii. of Rue \mathfrak{z} liii. of Camomill, Bayes, Wormewood, ana \mathfrak{z} liii. of Mutton suet lib. i. bruise all these well together in a Morter, then set them in an earthen Pot nine daies well and close stopped in the earth, then boile them in a quart of Oyle, and strain it forth and keep it for your use.

An Ointment which I used with good successe to a woman who had a paine in her Hip, without any tumour proceeding from the retention of her monthly Visits.

12 R. Camomill, Rosemary, ana m. i. twinings of Vines m. β . Plantaine p. stamp them together, and put them into a jarre Glasse, and put on it a quart of good Oyle Olive, and let it stand a day or two in the Sunne, then set a skillet of water on the fire, and when it is scalding hot, stop the jarre Glasse close, and put it into

the water, and keepe the water ever scalding hot, but when it hath been in almost an houre, then let it boile a litle, and then take it out, and straine it, and annoint the place every night, and after bathing: the manner of the Bath I shall speake of hereafter.

An ointment for the face after the Poxe are dried, to cause them to fall off without leaving any Markes.

13 R. Of Oyle of bitter Almonds \mathfrak{z} ii. put thereto of Parmacetæ \mathfrak{z} β . and anoint the face with a feather.

Another for the same, and which mightily cleares the skin.

14 R. Of fat Bacon lib. i. cut it in thin slices, and hang it in a string before the fire that it may melt, and let it drop into a quarter of a pinte of Plantaine water, and when it is all melted let it coole, and then beate it out of the water with a cleane spatula, and wash it in three or foure severall waters more of Plantaine, then put to it a peny weight of Parmacetæ, and a penniworth of white Rose water, and beate them well together, and annoint the face with a feather.

An ointment for Aches and Bruises, Stitches, Conte, and Lamenesse.

15 R. Sage, Rue, ana lib. i. crops of Wormwood, Bayleaves, Rosemary ana m. i. Sheeps suet cleane pick-
ed from the skin lib. ff. Oyle Olive a pottle, shred the hearbes and suet small, and then stamp and work them together very small, then put in the Oyle, and temper them well, and let them stand close stopped the space of seaven daies, then set it to the fire, and as it melterh
stir

stir it till the hearbes are parched, then take it off and straine it, and with this anoint the place.

An ointment for a burne or scald.

16 R. Incontinently the white of an Egge beaten with Oyle of Roses, Omphacine, and a little juice of Plantaine, Night-shade, and Houseleeke, and with a feather anoint the place.

Unguentum de Calcantho, good for old Vicers, Mundifieth evil flesh, and Incarnateth.

17 R. Of Swines grease, Calves, and Cowes suet, ana lib. ss. Celidony, Alleluia, Plantaine, Woodbine, Houndstongue ana m. i. Lime thrice quenched with water lib. ss. *Calcanthum Pulverizatum* ʒi. Verdigrease, ʒx. stamp them, and leave them together seaven daies, then put thereto water of Plantaine, Wine of Pomegranates, ʒiiii. then seethe them with a soft fire till the Water and Wine be consumed, and so straine them with a thick cloth, then put to it Litharge *Auri & Argenti* ʒiiii. Bolearm. *Terr. sigillat. Minii*, ana ʒi. cleere terebent ʒiii. let them seethe againe, and make a blacke ointment with sufficient white Waxe.

An ointment for an Ache.

18 R. Two or three nests of quick Swallows, tendrings of Straw-berries, Rue, Lavender-cotton, Bay-leaves, Wormwood, Horehound, Rednettle crops ana m. i. the gall of an Oxe, black Snailes, n. 6. Oyle Olive halfe a pinte, then stamp the Swallows whole feathers and guts with all the aforesaid things very small, then

the water, and keepe the water ever scalding hot, but when it hath been in almost an houre, then let it boile a litle, and then take it out, and straine it, and annoint the place every night, and after bathing: the manner of the Bath I shall speake of hereafter.

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An ointment for Aches and Bruises, Stitches, Goute, and Lamenesse.

15 R. Sage, Rue, ana lib. i. crops of Wormwood, Bayleaves, Rosemary ana m. i. Sheeps suet cleane pick-
ed from the skin lib. \mathfrak{ss} . Oyle Olive a pottle, shred the
herbes and suet small, and then stamp and work them
together very small, then put in the Oyle, and temper
them well, and let them stand close stopped the space
of seven daies, then set it to the fire, and as it melterh
fir

stir it till the hearbes are parched, then take it off and straine it, and with this anoint the place.

An ointment for a burne or scald.

16 R. Incontinently the white of an Egge beaten with Oyle of Roses, Omphacine, and a little juice of Plantaine, Night-shade, and Houseleeke, and with a feather anoint the place.

*Unguentum de Calcantho, good for old Vicers, Munds-
fethewill flesh, and Incarnatesh.*

17 R. Of Swines grease, Calves, and Cowes suet, ana lib. ss. Celidony, Alleluia, Plantaine, Woodbine, Houndstongue ana m. i. Lime thrice quenched with water lib. ss. *Calcanthum Pulverizatum* ʒi. Verdigrease, ʒx. stamp them, and leave them together seaven daies, then put theretowater of Plantaine, Wine of Pomegranates, ʒiiii. then seethe them with a soft fire till the Water and Wine be consumed, and so straine them with a thick cloth, then put to it Litharge *Auri & Argenti* ʒiiii. Bolearm. *Terr. sigillat. Minii*, ana ʒi. cleere terebent ʒiii. let them seethe againe, and make a blacke ointment with sufficient white Waxe.

An ointment for an Ache.

18 R. Two or three nests of quick Swallows, tendrings of Straw-berries, Rue, Lavender-cotton, Bay-leaves, Wormwood, Horehound, Rednettle crops ana m. i. the gall of an Oxe, black Snailes, n. 6. Oyle Olive halfe a pinte, then stamp the Swallows whole feathers and guts with all the aforesaid things very small, then

you shall melt a quantity of May-butter in a frying pan, and then put in all the other things, and fry them well together, alwaies stirring it that it may not burne; Lastly, straine it through a linnen Bagge, and you have the ointment.

A precious Oyntment against all Pains, and Griefes.

19 R. Rosemary leaves, Sage, Time, Polimountaine, Hyssope, Marigolds, Rue, Wormewood, Marjoram, Valerian, Mouscare, Harts tongue, Bloodwort, Merch, Seagreene, gather these Hearbes with the Flowers, and Blowings of each m. iij. seeth them in iij quarts of Water, untill the Water be consumed to a quart, then put to them a pound and a halfe of Barrowes grease, Deeres Suet, lib. i. Dogges fat lib. ss. Cats fat, lib. ss. Rosewater pint i. *Aqua composita* $\frac{3}{4}$ vi. seeth these a good while, stirring them well, then strain them through a rough cloth, and take off the scumme with a Feather, and let it stand till the morrow, then seeth it once againe, and straine it, and keepe it for the use.

A good Oyntment to cleanse a Sore, both old, or new.

20 R. Turpentine $\frac{3}{4}$ ii. washed well in Barly water, lib. ss. put to it Yolkes of new laid Egges, nu. vi. Hony of Roses, or, common Hony, $\frac{3}{4}$ iiii. mingle them, and make the Tents, or Pledgets therewith.

*An Oyntment for Scabbes, Ring-wormes, or any
other breaking out.*

21 R. Oyle of Roses, \mathfrak{z} iiii. Waxe iiii. d. weight,
melt them together, then take Litharge of Gold, Ce-
ruse *ana.* \mathfrak{z} β . Powder them and mingle them with the
Oyle, and Waxe in a Morter, then put thereto the white
of a new laid Egge, and halfe an ounce of Quicksilver
mortified, and use it every Morning and Evening.

To mortifie the Quicksilver you shall put it into a
Violl with fasting Spittle, and worke it up and downe
untill it become like ashes, then put it to your stuffe.

A good Oyntment for the Spleene.

22 R. Bryony rootes, the pith taken out, Marsh Mal-
low rootes, or red Holly-hock rootes, the pith taken
out *ana.* lib. i. seeth them in Water untill the Rootes be
soft, stampe them in a Morter, and straine them through
a Strainer till the thicknesse be come through, then take
of sower leavened Bread \mathfrak{z} iiii. Bores grease li. β . mingle
them altogether well in the Morter, with white Wine
Vinegar iiii. spoonefulls.

First in the morning rub your Spleene with a course
warme Cloth, untill the skin wax red, then lay upon it a
peece of blue wollen cloth, wet in the Water of a man
childe, as hot as may be suffered, and when the Cloth
waxeth cold, take it away, and dry the Skin with a
warme cloth, and annoint the place with some of the
ointment aforesaid, warmed in a Sawcer, and rub it well
in, then lay upon it a Quilt of blacke wooll, and doe thus
every morning till it be well.

an

you shall melt a quantity of May-butter in a frying pan, and then put in all the other things, and fry them well together, alwaies stirring it that it may not burne; Lastly, straine it through a linnen Bagge, and you have the ointment.

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A good Oyntment to cleanse a Sore, both old, or new.

20 R. Turpentine 3 ii. washed well in Barly water, lib. ss. put to it Yolkes of new laid Egges, nu. vi. Hony of Roses, or, common Honey, 3 iiii. mingle them, and make the Tents, or Pledgets therewith.

*An Oyntment for Scabbes, Ring-wormes, or any
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21 R. Oyle of Roses, \mathfrak{z} iiii. Waxe iiii. d.weight,
melt them together, then take Litharge of Gold, Ce-
ruse *ana.* \mathfrak{z} β . Powder them and mingle them with the
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a Strainer till the thicknesse be come through, then take
of sower leavened Bread \mathfrak{z} iiii. Bores grease li. β . mingle
them altogether well in the Morter, with white Wine
Vinegar iiii. spoonefuls.

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warme Cloth, untill the skin wax red, then lay upon it a
peece of blue wollen cloth, wet in the Water of a man
childe, as hot as may be suffered, and when the Cloth
waxeth cold, take it away, and dry the Skin with a
warme cloth, and annoint the place with some of the
ointment aforesaid, warmed in a Sawcer, and rub it well
in, then lay upon it a Quilt of blacke wooll, and doe thus
every morning till it be well.

An Ointment for burning or scalding.

23 R. Sweet Creame q. i. Ferne rootes m. i. washed and cut in small peeces, boyle them in the Creame in an earthen Pot, untill they jelly; when you will use it chafe a little in your hand with a Spatula, and apply it to the Sore untill it be whole.

Vnguentum Aleblastrum.

24 R. Crops of the red Bryer stamped small, m. vi. adde thereto of white Wine one pottle, of Rue, m. i. of the flowers or leaves of Camomile, ʒ i. powder of Aleblaster ʒ ii. Fennell seed ʒ i. Oyle of Roses lib. β . Wax ʒ ss. put all together except the Camomill and the Waxe, then put them on the fire to infuse, and when it seethes put in the Waxe and Camomill, and boile it well untill the Wine be consumed, and when it is cold, take the whites of five Egges and mingle them with all the aforesaid things, and then straine it through a faire linnen cloth, and put it into a cleane vessell. It is good for webbs in the Eyes, Megrim, and Headache, if a woman have paine in her Matrice let her take thereof as an Eleqtuary, and it will help her, also for those that are diseased in the Stomack, let them anoint the Stomack, Hands, Feet, and Reines therewith, anoint the Temples for the Megrim, it is also good for the Gout.

An ointment to assuage paine, and coole.

25 R. Of white Cerate z iiii. Oyle of Roses z x. red, and white Sanders, red Roles, Myrrhe, Olibanum, Mastick, *ana* z ii. Camphire z ss. Turpentine z ii. ss. make an Vnguent in a leaden Mortar.

To make Flos Vnguentorum.

16 R. Rosin, Perosin, *ana* lib. ss. Virgins waxe, Frankinsence, *ana* z iiii. Mastick z ss. Harts suet, z iiii. Camphire z ii. melt those that are to be melted, and pound those that are to be pounded, and searce them finely, then boile them altogether over the fire, and strain them into a pottle of white Wine; then let it coole, and when it is no more then blood warme, put to of Turpentine z iii. ever stirring it untill it be cold, then worke it well in the hands, and make it up in rolls.

It is good for old Wounds, cleansing them, and engendring good Flesh, and wasting evill Flesh; it is good for all manner of Impostumes in the head, or in the body, and for strained Sinewes, and it draweth out any Thorne or broken Bone, and it healeth all manner of Botches, it is good for a Canker, or *Noli me tangere*, it is good for Seareclothes for the Gout, Sciatica, and other Aches, and for pestilent Botches.



Of Oyles.

CHAP. XXXIII.

To make Oyle of Roses.

I **R.** Buds of red Roses fresh gathered, the prickles taken away, and the buds bruised, juice of Roses *ana lib. i.* macerate them in five pound of Oyle Omphacine which is without Salt in a vessell of glasse close shut, then set them the space of sixe or eight daies in the Sun, after boile them three houres in a double vessell, and straine them and cast away the Roses and put in new, doe so twice or thrice; lastly, being fairely strained, set it in the Sunne, and boile it in a double vessell untill the juices be consumed, if you want *Oleum Omphacinum*, you may wash Oyle Olive in the juice of sower Grapes. This Oyle is cooling, and doth strengthen, thicken and stay Fluxes, and helpe the gnawing paine of the Guts being given in a Clister.

Oyle of Violets.

2 It is made by putting in fresh purple Violets into a vessell of glasse, and Oyle Omphacine, or Oyle of Almonds, and to be sunned ten or twelve daies, changing the Violets every third day; lastly, put in dry Violets, it hath the same Vertue as hath Oyle of Roses.

Oyle

Oyle of Mints.

3 R. The leaves of fowne Mints, bruise them, and with the juice macerate them in Oyle Omphacine, and change and boile it as you doe Oyle of Roses. It corroborateth and strengthens the stomack if it be therewith anointed, and furthereth concoction.

Oyle of Wormwood.

4 R. The tops and leaves of Wormwood, bruise them and macerate them in Oyle Omphacine, as you doe make Oyle of Roses: it is a furtherer of concoction, procurer of appetite, and kills the Wormes.

Oyle of Lillies.

5 R. Of Mastick, Calamus Aromaticus, Costus, Oyle of Pellitary, Carpopalsame, *ana* ʒ i. Cloves and Cinamon, *ana* ʒ ss. Saffron, ʒ iii. bruise them all, and steepe them in water xxiiii. houres, then boile them a little, and taken from the fire poure in of sweete Oyle, lib. ii. leaves of Lillies, ʒ viii. set them forty dayes in the Sun, and then straine it.

Oyle of sweet Almonds.

6 R. Sweet Almonds, and blanch them, and bruise them, then poure upon them a little Rose water, then put them in a vessell that they may be kept warme as it were in hot water; lastly, put them in a little bagge, and presse them in a presse untill you have the Oyle. It doth mitigate paine, comfort the exasperated parts,

especially the Lungs, and Kidnies, it mollifieth dry, and hard matter, and is very fit for those that have the Heſtick feaver.

Oyle of bitter Almonds.

7 R. Bitter Almonds dry, and purge them, and bruise and caleſie them in hot boiling water, and preſſed as the former. This Oyle doth mightily attenuate and divide, doth diſſipate Winde, cures the Noiſe in the Eares, and opens the obſtructions of the Liver, and other Intrailes, and mollifieth hardneſſe of Sinewes.

Oyle of Wormes.

8 R. Of Wormes of the earth waſhed, and prepared, lib. ſſ. white Wine \bar{z} ii. ſweet Oyle lib. ii. boile them to the conſumption of the Wine, and the waſting of the Wormes, then ſtraine the Oyle, and reſerve it for your uſe. It mollifies, aſſwages Paine, and is good for Bruiſes, and paine in the Ioynts.

Oyle of Rue.

9 R. Of leaves of Rue, the juice of Rue, ana lib. ſſ. macerate them three daies in lib. iii. of ſweet Oyle, boile them in a double veſſell untill the juice be conſumed, then ſtraining the Rue, change it three times, or foure, then preſſe out the Oyle. It is hot, and attenuateth groſſe Humours, diſſipates Winde being adminiſtered as a Cliſter alone, it availeth againſt the Crampe, Palfey, and coldneſſe of the Wombe and Bladder.

Oyle of Baye.

10 R. The ripe berries of Laurell bruised and boiled a good space in Water, and then straine it, and when it is cooled, gather the Salt that swimmeth above the decoction which is the Oyle, and is good to extenuate, callific, dissipate Winde in the stomack, the Collick, and dissolveth cold diseases of the Head, Intrailes, Wombe, Kidneies, and Ioynts.

Oyle of Scorpions.

11 R. The roote of round Aristolochia, Gentian, Galingale, barke and roote of Capers, ana $\frac{3}{4}$ i. bruise them all, and macerate them in lib. i. ff. of Oyle of bitter Almonds, and sunne them twenty dayes, then boile them in a double vessell with a gentle fire, lastly, put in xv. Scorpions, and sunne them againe thirty daies, then straine the Oyle, and keepe it as an excellent Oyle to extenuate forcibly, and being anointed upon the loines doth unlodge the Stone in the Kidneies.

Oyle of Turpentine.

12 R. Of the best Turpentine lib. iiii. put it in a large glasse Cucurbite, and set it in Sand, and distill it by art; first you shall have a thin Oyle come out with the Water, the second Oyle will be of a golden colour, the last will be yellow and thick, keepe every one by its selfe, but the last is the best, and is good against all cold Diseases, especially of the Ioynts.

Oyle of Mastick.

13 R. Oyle of Roses, \mathfrak{z} xii. odoriferous Wine, \mathfrak{z} iiii. of the best Mastick, \mathfrak{z} iii. boile them according to art in a double Vessell to the consumption of the Wine. This Oyle strengthens the Braine, Nerves, Ioynts, Ventricle, and Liver, mollifies Tumors, and asswages pain.

Oyle of Tilestones.

14 Breake an old red Tilestone in pretty small pieces, burne them in the fire untill they be red hot, then extinguish them in cleare old Oyle, and let them lie in it untill they be full of Oyle, then take them out and beat them into fine power, and put it into a Cucurbite of glasse, and lute the joynts well together, and put under coales, and draw your Oyle according to art. It is good against all cold diseases, for it is hot and penetrative, easeth the Epilepsie, Vertigo, Palsie, Crampe, and paine in the back, and all cold affects of the Ioynts and Nerves.

Oyle of the Yolkes of Egges.

15 R. Of new laid Egges one hundred, boile them untill they be hard, and take out the yolkes, and cut them in pieces, and put them in a frying pan untill they turne reddish, and yeeld a fatty moisture, then take them and put them hot into a haire bagge, and presse out the Oyle. It is good to cleare the skin, and restore haire, and to cure malignant and fistulous Vicers.

Oyle of Hypericon : or, S. Iohns Wort.

16 R. The tops of S. Iohns Wort that is full ripe,
℥ iii. keepe them in odoriferous Wine three daies, then
boile them close stopped in a double vessell, afterward
presse it, then put to it a pound more of fresh S. Iohns
Wort, and steep, boile, and presse it as before, and like-
wise the third time, and if the Wine diminish adde
more; lastly, take of cleare Turpentine ℥ iii. old Oyle
℥ vi. Saffron ʒ i. boile them in a double Vessell untill
the Wine be consumed, then presse it, and separate the
Oyle from the grosse bottome. It is Hot and Dry, Stip-
tick, it consolides wounds, and helps incision of the
Nerves, and burning of fire, asswageth the paine of the
Thighes and Bladder, and provokes Vrine, and moneth-
ly visits.

Oyle of Whelpes, for wounds made by Gunshot.

17 R. Two Whelpes, Earth-wormes lib. i. Oyle of
Lillies lib. ii. Venice Turpentine ℥ vi. Aqua vitæ ℥ i.
boile the Whelpes alive in the Oyle, untill the flesh
part from the bones, then put in the Wormes being
first prepared in white Wine, and boile them in the oile
till they become dry, then straine it gently through a
Towell, and lastly, adde your Turpentine and Aqua-
Vitæ.

Oyle of Vitrioll.

18 R. Of Vitrioll lib. x. and powder it, and put it
into an earthen por, and set it upon hot coales untill it
be calcined, that is, when it becomes reddish; when it
is

is thoroughly cold breake the pot, and powder it againe, and calcine it againe, and thus doe untill it be perfectly calcined, and exactly red of colour, then powder it, and put it into an earthen retort, adding for every pound of Vitrioll, 1. quarter of Tile sheards, or small pieces of Brick, then set the Retort luted safely to the receiver in a reverberating Furnace, alwaies keeping a strong fire for the space of eight and forty houres, more or lesse according to the quantity of the distilling Liquor : you shall know when the distillation is finished by the receiver, which will recover his naturall colour, and perspicuity. Your receiver must be very large lest it break, also it must be set in a vessell of cold water, lest it break by being over hot.

This Oyle comforteth the belly, and stirs up the appetite, calefies the cold stomach, consumes Phlegme, and cuts tough & viscous Humors, it helps the Dysentery & Celiack passion, it mitigates the heat of Feavers, and destroys the Hecocks, Nauseousnesse and Loathing of meat, it must be taken very carefully tempered with something else, as five or sixe drops to 2. ounces of conserve of Roses, so it may be safely taken, also upon whatsoever it falls it burnes it.

An Oyle approved for the Sciatica.

19 R. Plantaine, Lavender-spike, Fennell, Wall-wort, red Sage, red Nettles, Camomill, Wormwood, Marigolds with the black head, Briony, *ana.* wash them, chop them, see the them in new strong Ale in an earthen pot to the consumption of the halfe, then straine them, and put to the decoction black Snailles, reboile it untill it become an oyle.

Oleum

Oleum Benedictum.

2o R. Oyle Onaphacine lib. ii. of Storax, Calamite, Ladanum, Olibanum, Saffron, Gum arabick, Madder, Gumme of Ivy tree, Aloes citrine, Mastick, Cloves, Galingale, Cinamon, Nutmegs, Cubebes, *ana* $\frac{3}{4}$ ii. Gumme Elem. lib. i. Myrrhe, Bdellium, *ana* $\frac{3}{4}$ i. ff. Galbanum $\frac{3}{4}$ vi. Spike, Lignum Aloes, *ana* $\frac{3}{4}$ i. Rosin of the Pine, Oppoponax, Armoniack *ana* $\frac{3}{4}$ x. powder those that are to be powdered, and mingle them with the said Oyle, and put them in a Limbeck with his head, and receiver well stopped with *Lute sapient*, and distill them *Secundum artem*; put the Alimbeck upon a soft fire the space of xii. houres, encreasing the same from six to six houres till all be stilled, then powder the rest of the spices again, and so with the distilled Oile distill the again, and at the last you shall have an Oyle like Balme; Which is good for the Crampe, the Falling sicknesse, the Coronall commissure being anointed (a Mundification with a strong Medicine premised;) it cureth great fresh Wounds, and cold Catarres; one drop put into the Eare with Corton amendeth the hearing, chiefly of a cold cause; a Rose Cake moistened in the said Oyle, and laid to the Temples, easeth the Megrim, and taketh away the Swimming of the head; halfe an ounce of the said Oyle drunke with a little odoriferous Wine in the morning three dayes together, comforteth, and reneweth the Heart, and Lungs; taken with a little odoriferous Wine it is good for quartain Feavers: the receit must be almost one spoonfull for foure dayes together one houre before day, upon such daies as no Paroxysme is looked for; taken the space of thirty dayes with a little Wine, and a little Piony, cureth the Falling sicknesse, and

paines of the grand Poxe : it is good for stinging of venomous Beasts, and weaknesse of Sinewes, and may be compared to Balsamum.

*The composition of Oleum Magistrale, invented by
Aparice a Moriscoe living in Spaine.*

21. R. A quart of the best, and oldest white Wine, of the oldest Oyle Olive lib. iii. to these adde the flowers, and leaves of these hearbes following, viz. Of Hypericon lib. sem. Cardus Benedictus, Valerian, the least Sage, ana $\frac{3}{4}$ iiii. steepe these in the Wine, and Oyle foure and twenty houres, then boile them in a nealed pot or Copper vessell on a gentle fire till the Wine be consumed, alwaies stirring it, then take it from the fire, and straine it, and put to the straining of good Venice Turpentine lib. i. sem. then boile it againe upon a soft fire a quarter of an houre, then adde thereunto Olibanum $\frac{3}{4}$ v. Myrrhe $\frac{3}{4}$ iii. Sanguis Draconis $\frac{3}{4}$ i. then boile it till the Incense, and Myrrhe be dissolved, then take it from the fire, and let it stand till it be cold, then put it into a glasse bottle, and set it 8 or 10. dayes in the Sun, and the longer you keep it the better.

The true application of this Oyle according to the qualities of the Wounds, and Diseases, doth consist in these points following, viz. To the Patient, to the Preparative, to the Wound, or Diseases, to the Plaster, to the diseased Part.

FIRST let the Patient eate, and drinke freely what hee will, he may eate to his dinner new laid Egges, Mutton, wilde Fowle of the Woods, if they have bled, at night roast any of these; he need not forbear grosse Meates, nor Wine, if before he used them, but if his body be plethorick, or subject to a Feaver he must be careful in his dyet, and if he drinke any Wine it must be allayed with Water; 2. If the Wound be great he must keepe his Chamber, if not his Bed, for feare of taking the aine; 3. He must lye as well on the one side, as on the other, and also on the wounded side, especially an houre before he be dressed, that the Humors may descend to the Wound; 4. He must endure the Oyle as hot as can be possibly, for it is the stronger in his operation if it be applied scalding hot; also he must abstaine from women both in the time of his cure, and for twenty dayes after if the wound be great.

To prepare the Wound you shall take good white Wine, and boile in it one handfull of Incense, which is only to comfort it, and herewith wash the Wound within, and without, as hot as the Patient can suffer it, then wipe it very dry before you apply the Oyle.

If the Wound come by biting, or contusion, he shall be dressed twice a day in Winter, at 8. in the morning, and 3. in the afternoone, in summer at 9. in the morning,

and 4. in the afternoone, but if they be green Wounds, then change not the plaister after the first dressing untill the next day.

If the wound be in the head, you shall shave away the haire 2. or 3. fingers broad round about the wound, and then stay the blood with Lint, or Towe dipt in the said Oyle, with which you shall fill the wound, then lay on a cloth 2. or 3. doubles dipt in the prepared Wine, and rung hard out so broad as you have cut away the haire, then rowle it up. Note that at the first dressing the Wine ought not to be used, lest a fluxe of blood follow; if the wound be large, dresse it but once a day for feare of bleeding for 2. or 3. dressings; afterward you may wash the wound with the Wine as aforesaid, then fill the wound with Oyle, and cover it with Lint steeped in the same, and upon that a compresse of Linnen 3. double round about, dipt in the Oyle, and upon that a compresse dipt in the said Wine, as aforesaid: when you perceive the wound neare Cicatrizing, use only this unguent following: R. Of the aforesaid Oyle, Venice-Turpentine, new Waxe, *ana.* Set it on a fire in a pan, and alwaies stir it for a quarter of an houre, then let it coole, and when it is cold, put it up for your use.

And when you use it, let it serve both for the Vnguent, and Emplaister: the Vnguent you must apply with Lint, and upon it a little dry Lint, and upon that an Emplaister of the aforesaid Vnguent.

When a wound is made in the Head by contusion, and healed up so that there is ingendred an Impostume, or other accident, which may be an offence to the braine, then you shall shave it, wash it, and wipe it as before, then anoint it with the said Oyle round about, and lay upon it compresses wet in the said Oyle, and Wine, as before: doe this for the space of v. or vi. dayes.

If the wound be in the Legs, or any sinewy and muscular Part overthwart, it must be stitched, or if there be any dislocation, it must be placed in due order, and then wash the wound as before, and if you feare any Symptoms, then wash also the whole Member, afterwards anoint the whole member with the said Oyle, and lay round about it a linen cloth steeped therein, and upon that a double cloth steeped in the said Wine, and then roll it gently; doe the rest as in wounds of the Head, if there be loose bones, or any thing against nature in the wound, then put in a Tent to keepe it open untill such time as you have taken them forth.

If the wound be made by Gun-shot, Sword, or Pike, then first stay the blood, and wash, and wipe the wound as before, and if the member be pierced through, then Tent it on both sides, according to the depth thereof, that the bruised blood may evacuate, and so dresse it twice aday, both sides alike, both washing, and wiping, and anointing; if the wound pierce into the body, then tie the Tent with a thred, lest it slip into the body, and day by day you shall shorten the Tent as occasion shall serve.

If any part where there chanceth any Apostumation or swelling, whether it will mature, or resolve, thou shalt bathe the place with the said Wine warme, and lay thereon linen clothes, steeped in the said Wine, and wrung out a good breadth round about the place; and if it resolve, then apply the said Wine, and Oyle untill it be whole; but if it come to supuration, then use it as other wounds.

For the Hemorrhoids.

First wash them with the Wine, and lay on linen clothes wet with Oyle, and upon them other clothes wet with Oyle, and upon them other clothes wet in Wine, as before.

For the Gouts.

First, anoint all the grieved place with the Oyle, then apply linen clothes upon it steeped in scalding Water, and wrung out hard, this done three or foure times will ease the paine.

For Cankers.

If the Canker be not opened, the washing with the said Wine, and the pledgets steeped in the Oyle, and applied, will open it, then performe the rest of the Cure as aforesaid.

For paine in the Reines.

You shall anoint the Reines very well with the said Oyle, from the ridge of the backe to the belly, then lay on a linnen cloth steeped in seething Water, and wrung out hard, and upon it a great Pledget of Towe, and wrap his Legs very warme with cloathes, and let him lye downe on his Bed, and warme covered, let him sweate.

For

For old Pleurs.

First cut the Lip thereof with a sharpe Razor, then wash it, and anoint it, as aforefaid.

To make Oyle of Snailles.

22 R. A quart of garden Snailles in the shels, wash them cleane, and breake the slimie skinne at the mouth of the shell, then put them in a cloth, with a handfull of Bay Salt, and hang them up with a dish underneath to receive the Oyle which drops from them. This Oyle being anointed upon the hollow of the necke, and so downe the backe bone, and from the throat downe to the end of the breast bone, cureth a consumption, if taken in time.

To make Oyle of a Dogge for the Gout.

23 R. A fat Dogge, and kill him, and take out his Guts, and Bowels, and Gall, but keepe in the Heart, and Lungs, and Liver, then fill the body full of Frogges, and blacke Snailles, and sowe him up strongly, and roast him on a Spit, as long as he will drop one drop, then put the Liquor in a cleare Vessell, and put thereto a pint of Oyle of Bay, and blacke Soape $\frac{3}{4}$ i. and temper them together, and anoint the grieved Part therewith.

An Oyle for the Palsie.

24 R. A new earthen pot, and fill it full of Camomil, and stop it well, and set it in another Pot under ground for x l. dayes, then take it up, and you shall finde Oyle therein,

therein, and anoint the place therewith; if it be thy head, anoint thy forehead; if thy hands, anoint thy Wrists.

To make Oyle of Swallowes.

25 R. Ten Swallowes, beat them quicke in a Morter with Spike, Lavender Cotten, Knot-grasse, Ribwort, Balme, Valerian, Rosemary tops, Woodbine tops, strings of Vines, French Mallows, tops of Alehooe, Strawberry strings, Tutsane, Plantaine, Walnut leaves, Bay toppes, Hyssope, Violet leaves, Sake of Vertue, Roman Worm-wood, *ana.* m. i. Camomill m. ii. Red Roses, m. iii. then put to them a quart of Neats-foot Oyle, or May Butter, and grinde them together with an ounce, or two of Cloves, then put them in an earthen pot, stopped close with *lute sapientia*, and set them nine dayes in a Cellar, then takethem out and seeth them seven, or eight houres on the fire, or in a pan of water, but first open your pot, and put in white or yellow Waxe, and a pint of Oyle, or Butter.

An Oyle for a noife in the Head.

26 R. A Silver Eele, roste it, but baste it not, then take the dripping, and put it into a Pipkin with some Commin seedes; infuse it all night in the Embers, then take the Oyle, and pretty warme, drop a little into the Eare that most troubles you, and you shall finde helpe in a short time.

An Oyle for the dead Palsie.

27 R. Sheepes feet, and boyle them with the Wooll a great while, then take the Oyle of them, and red Sage,
and

and boile them together well, then when you use it, take a little Aqua vitæ, and Pepper, and warme them together, and anoint the place therewith, and after with the Oyle.

Because it will be a great deale of trouble, and charge in a private house to distill, and draw Oyles from Gums, Spices, Seeds, Roots, Hearbes, &c. except they had occasion for greater Quantities: and for such Portions as they shall use, they may buy at the Chymists, I will therefore only set downe the names of the Oyles, and the vertues thereof; for such as are desirous to learn the Art of Extraſting, may finde divers Authors to that purpose.

Oyle of Maſtick.

28 It is excellent againſt all cold Diſeaſes of the Mawe, comforteth the Liver, Lights, and all inward Parts of the Body; being drunken, it helpeth thoſe that Vomit, and Spit Blood, it conſumeth, and breaketh all inward Sores: this Oyle being anointed on the Belly, ſtoppeth the Fluxe, and womens Termes, and is alſo good for the Morher that is fallen downe, if you anoint it therewith and the underpart of the Belly; it is good for young Children whoſe Arſe gut commeth forth, if you anoint it therewith, and put it up againe; it is alſo good for thoſe that are Burſt, if you anoint them therewith, and let them weare a Truſſe; being anointed on freſh Wounds, it helpeth them ſoone, laying thereon a Cloth wet in the ſame; anointing the Gums, ſtateneth the Teeth: and cauſeth a good Diſteſtion, if you anoint the Stomack therewith.

Oyle of Storax Calamite.

29 Three, or foure drops of this Oyle being drunke, comforts the Lungs, it helps the paines of the Mother being drunke, and the place anointed therewith : beware you take not too much of this Oyle, for it is dangerous; if you put a drop, or two into the Eares, it takes away the buzzing noise.

Oyle of Galbanum.

30 Is good against an old Cough, and for such as are Short-winded, and cannot easily draw their breath : this Oyle being taken with Oyle of Myrrhe in a little Wine, is good against Venome, drunken ; likewise being thus taken, it procures womens Naturall sicknesse, and driveth downe the dead Childe, if you make a perfume thereof into the Wombe: it is held very good for the rising of the Mother, being laid to the Navell, it settles the Womb that hath bene misplaced; this Oyle is Mollificative, and being mixed with any convenient Vnguent, it draweth forth Thornes, or cold Humours: mix this Oyle with the Root of Angelica, or the Seed, or Roote of Spondilium, and if you touch any Serpent, or Venemous Beast therewith it will die; in fine, it is so opposite to Venome, that the Perfume of it (being burned) drives away Serpents from the place.

Oyle of Myrrhe.

31 This Oyle preserveth all things from Putrefaction, and if you anoint the Face, and Hands therewith, it causeth them to looke young a great while; if you mixe it with Wine, and wash the Mouth, it will fasten the Teeth, it stoppeth the Laske, and helpeth the Stitch in the side: if you drinke thereof one Dramme, it helpeth all stinking Sores, and is good for Wounds in the Head, and Paines in the Eares, if it be put therein; also if you put one, or two drops thereof into the Eyes, it preserveth the sight, it helpeth all the Paines of the Mother, if it be anointed therewith; also it dryeth, and consumeth all Accidents after birth, and is marvellous good against a Feaver, if the Patients body be anointed therewith, and laid to sweate.

Oyle of Sagapenum.

32 Is good for the Stitch in the side, and an olde Cough; it is very good against the Crampe, and all Paines of the Hips, and Ioynts, comming of Cold; if you anoint the Nostrills of women in Childbed therewith, it availeth much, and eases their Paine, for it drieth forth the Childe quickly, whether alive, or dead, being drunke with Wine, it is good against Poyson, but by any meanes let women with Childe take heed of this Oyle.

Oyle of Castoreum.

33 Being anointed on the Neck, and drunke with Wine, availeth much to those that have the Falling sicknesse, it is also excellent against Apoplexie; it helpeth the Cholick, and suffocation of the Matrix.

Oyle of Ambre.

34 It is good against the Cholick, and suffocation of the Matrix, if you anoint the Parts therewith; if a woman drinke three, or foure drops thereof, it causeth her to be fairely delivered; it is good against Paines, and Fluxes of the Head, resolution of Sinewes; and Falling sicknesse; if ye drinke thereof in a Morning three, or foure drops in Piony Water, it preserveth from all poisons, and pestiferous Ayres; It driveth forth the Stone in the Bladder, or Reines, if it be drunke with Malmesey, or Parseley Water.

Oyle of Ammaniacum.

35 Being taken three, or foure drops in the Yolke of an Egge, it helpeth Vlcors in the Breast; it dissolveth all hardnesse, and swellings, and taketh away the paines of the Milt, if you mixe this Oyle with as much Oyle of Galbanum, and a very little Oyle of Wormwood, and anoint the place; also being mixed with Oyle of Wormwood, and anointed on the Navell, it killeth Wormes.

Oyle

Oyle of Waxe.

36 Is good in all Wounds made by Contusion, if a cloth wet in the same be laid thereon; being taken inwardly, it provoketh Vrine, and easeth Stitches; the dose is a dramme at a time with white Wine; it helpeth the cold Gout, and Sciatica comming of cold; in fine it is an Oyle that is miraculous in his operation, and is as it were a divine Medicine.

Oyle of Butter.

37 If you anoint your hands, and face with this Oyle, it will preserve them faire; it is also good for them that have a Catarre, if they take an ounce fasting.

The quintessence of Honey.

38 Dissolveth Gold, or any Jewell put therein; it helpeth the Palsie, Falling sicknesse, Cough, Catarre, and paines of the Milt, and many other diseases; and two, or three drammes thereof given to a dying man will recover him againe, like as quintessence of Wine will doe; and certainly it is a divine Liquor, because it falleth like the dew from heaven upon the hearbes, then which nothing is sweeter.

Oyle of Cinamon.

39 Is very hot, and dry, and pierceth through flesh, and bones; it recovereth lost Speech in sicknesse; it helpeth all Diseases that come through cold, and flegmaticke matter; it procureth womens naturall sicknesse, and easeth

eth them in travell; if you give the Patient a little of this Oyle, with a little Oyle of Myrrhe in Wine to drinke, and anoint the parts therewith, the face and hands being anointed therewith, it freeth from Measels and Spots, it warmeth the breast, and cureth the old cough, and causes sleepe, and if a man take never so little of this Oyle, he shall feele the heate thereof in every member of his Body.

Oyle of Mace.

40 Is good to be taken three or foure drops fasting in a spoonfull of Broth against the Collick and Strangury which come of cold causes, it comforts the heart, the stomack and the womb, and helpes all cold diseases.

Oyle of Cloves.

41 One or two drops hereof taken in a morning with Wine, helpes a stinking breath, it makes the heart merry, and strengthens the braine and head; being outwardly applyed it heales wounds, and may be used in stead of Balme; being put into the eyes it cleares the sight, it causeth good digestion, and purgeth Melancholy, it is good to make *Manus Christi* with this Oyle, which have as much vertue as the Oyle it selfe.

Oyle of Nutmegs.

42 This Oyle drunke with Wine provokes womens Visits, and driveth out the dead fruit, therefore women with childe ought to beware of this Oyle untill their time of deliverance come, then it causeth them to bee fairely and easily delivered, it is excellent against fainting

ing and swooning, and beating of the heart, if you drink thereof and anoint the region of the heart therewith, it expelleth flegmatick and grosse humours, and causeth alacrity; if any by a fall catch a wound, bruise, or broken rib, let him only drinke of this Oyle with some vulnerary drinke, and it helpes him; it is good against incurable Vlcers, and for all cold diseases of the joynts and sinewes; anoint the left side therewith, and it asswages the swelling of the Spleene, it helps all affects of the bladder and reines.

Oyle of Pepper.

43 Is very good against the Cholick, and other weake places filled with phlegme; it is very hot and piercing.

Oyle of Saffron.

44 If you anoint the head with this Oyle, it provokes sleepe, mixed with womens Milke it stayes the fluxions of the eyes; being anointed on S. Anthonies fire, it destroyeth it, and preserveth the place; being drunkewith Wine it maketh the heart merry, and if you anoint the Temples of a drunken man therewith, it makes him sober.

Oyle of Quince seed made by expression.

45 R. The seed of Quinces, stampe them and put them into a frying pan with a little Wine, and stir them well together untill they be so hot as you cannot suffer your hand therein, then put it into a Canvasse bagge, and presse it out in a presse, and there will be both Oyle and

and Water which you must separate. This Oyle is excellent against all paines in the Stomack, and helpeth digestion much, and dissolveth Wind, it inciteth to Venery, and is good against the Emerroids, and Fistulaes.

Oyle of Rosemary flowers.

46 Take Rosemary flowers, and stampe them, and put them into a glasse with strong Wine, and stop it close, and sunne it five, or sixe dayes, then distill it with a soft fire, and there will be both Water, and Oyle to be separated; keepe the Oyle close in a glasse.

This Oyle helpeth against all inveterate Headache, though of seven yeares standing; it comforteth the memory, and preserveth the eyes, if you drinke now, and then a drop, or two, and put one into the Eyes; being put into the Ears, it helpeth those that are deafe, it availeth in the Dropfie, and yellow Jaundise; it helpeth the Cholicke, and rising of the Mother; it is excellent for those that have drunke Poyson, or are infected with the Pestilence, if you drinke thereof a little, and lay you downe to sweat: it comforteth the Heart, cleanseth the Blood, and maketh a man merry, and causeth a good Colour, and is very good for those that have the Itch, or any other Scabs; in fine, it helpeth all diseases that come of Cold, and Moist humours.

Oyle of Time.

47 Is made as aforesaid.

It provoketh Vrine, and expelleth the Secondine, and dead Child; it procures the Visits in women, and dissolveth clotted Blood in the body: if you take it with Oximell, and a little Salt, it purgeth tough, and clammy Flegme, and mundifieth the Blood.

Oyle of sweet Margerome.

48 Being drunke with Wine, it is good against those that are falling into a Dropsie, and for those that pisse with much difficulty drop after drop, it is good for those that have paines, and gripings in the Belly, and provokes womens naturall sicknesse.

Oyle of Mint.

49 It is most profitable for the Stomack, and being drunke with Vinegar it stayeth the Vomiting of blood, and killeth the round Wormes, and causeth good digestion: being drunke with some convenient potion it availeth much against the griping paines of the Colick, and stoppeth the overmuch Flux in Women; being drunke with Wine, it easeth women in Travell, and is singular good against the gravell in the Kidnies, and against the Strangury.

Oyle of Peneoyall.

50 Being drunk with Wine it bringeth the Monthly issue, sendeth forth the Secundine, and expelleth the dead Fruit, or false Conception: it provoketh the Urine, and breaketh the Stone in the Kidnies being taken with purified Honey: being drunke with Water, and Vinegar, it stayeth the desire of Vomiting, the same or decoction of this Oyle being taken into the Wombe with a Funnell, is good against Windinesse, and stopping of the Mother.

Oyle of Sage.

51 It is good for Wounds, and Bruises, and provoketh Urine, & breaketh the Stone, it is also good for Women with childe to use it now, and then, for it closeth the Matrice, and comforteth the Fruit: Being drunke it helpeth Conception, drunke with Wormewood Wine it stayeth the bloody Flux.

Oyle of Ilop.

52 Eaten with Honey it helpeth the Cough, shortnesse of Breath, and stoppings of the Breast, being drunk with Sirrup of Vinegar, it purgeth downward tough Phlegme, and killeth Wormes.

Oyle of Ivy.

53 Is excellent againſt the Peſtilence, and all manner of Poiſon; it ſtoppeth the bloody Flux, and helpeth all diſeaſes either of the Bladder, or Reines, and drunke with Wine it reſtraines womens Fluxe, with this Oyle anoint the Belly of a woman from her Navell to the Reines of her back, and downe to the Matrice, and it will ſtrengthen the Mother, and dry up the Moiſture therein, and prepare it for Conception: if thoſe that cannot make water doe drinke foure, or five drops of this Oyle, and anoint the region of the Bladder therewith, it helps them preſently; it expelleth the Wind in the Guts, and ſtayeth the running of the Reines, it is good againſt the Water betweene the Skin and the Fleſh, it killeth Worms, and helpeth all ſick Members, pain in the Hips, Gout, and Cholicke, and Chops in the Hands, or Feet.

Oyle of Rue.

54 Being drunke with VVine availeth much againſt Poiſons being taken twice, or thrice in three daies; it helpeth all diſeaſes of the Eyes from what cauſe ſoever they proceed, if the apple be not periſhed; if you anoint the Eye twice a day therewith; it reſtores Members nummed with the Palfey, if they be anointed therewith.

Oyle of Aniseeds.

55 Being drunke with Wine in a morning fasting, causeth a sweet Breath, it is good against Winde in the Guts, and Stomack, and causeth the Pain to cease if you drinke three, or foure drops, and anoint the Stomack therewith, it purgeth Phlegme upwards, it inciteth to Venery, and driveth forth Poison by sweat, it is most excellent for shortnesse of Breath, and comforteth the Lungs, and breaketh the Stone in the Reins, and Bladder.

Oyle of Fennell seed.

56 It is most excellent for the Eyes to drink thereof once a day, and to put a drop in the Eye morning, and evening, it helpeth the Drop sic, and yellow laundise; in hot diseases administer it with cold Waters, and in cold diseases with Wine: This Oyle breaketh the Stone in the Reines, and provoketh Urine, and Moneths, and breaketh winde being taken in *Manus Christi*.

Oyle of Paraeley seed.

57 Opens the obstructions of the Liver, and Kidnies, and provoketh the Moneths if it be drunke with convenient Medicines, it causeth good digestion, and comforts the Stomack, and expells the Gravell, and Stone, and is good against all Poisons, Blastings, and Windnesse.

Oyle of Radish seed is made by expreffion.

58 R. The seed of Radish, and stamp it small, and to every pound of seed put two ounces of good Wine, then stamp it againe untill it be mixed, and put it into a Copper, or Iron vessell, and set it over the fire, continually stirring it untill it be scalding hot, then put it into a Canvasse bagge, and presse it forth, and separate the Oyle from the Water. This Oyle causeth good Digestion, and provoketh Vrine, breaketh Winde in the Stomack, and also the Stone in the Bladder it expelleth.

Oyle of Mustard seed.

59 Is made by expreffion, as aforesaid. It provoketh the Termes if you anoint the Reines, and without the Matrice, and also drinke it, it dissolveth the paines in the Side, and of the Mother, and expelleth Gravell, and Stone.

Oyle of Coleworts seeds.

60 Is made as aforesaid. It is good against Wormes, and all Inflammations in the Body, and preserveth Armour from rusting:

Oyle of Linseed, or Flaxe seed.

61 Is made as before. It is good in a Pluresie, and dissolveth it if you give foure ounces thereof to drinke, it is used for Painting, and to make Vernish.

Oyle of Mans-skull.

62 You shall buy this Oyle of the Chymists, it is good against the Falling sicknesse, giving three graines at a time thereof to drinke.

Oyle of Saturne, and Iupiter, that is, of Lead, and Tin.

63 It is the most excellent of all Oyles to heale Wounds, so as no bones be broken, or cur.

Oyle of Mercury, or Quicksilver.

64 Is marvellous good in fresh Wounds, and to be used outwardly for the Poxe, anointing the Sores therewith.

Oyle of Hempseed.

65 If any one drinke one ounce of this Oyle at a time, it maketh him pleasant, and merry, it is profitable for Women, it maketh them merry, and comely to see to, and maketh Souldiers couragious, it is made as the Oile of Linseed.

Emplaisters.



Emplaisters.

CHAP. XXXIV.

Emplastrum de Ianna.

R. The Iuice of Smalladge, Plantaine, and Beto-
ny, *ana* lib. i. Waxe, Pitch, Rosin, Turpen-
tine, *ana* lib. ss. let three of the Simples be con-
cocted in the Iuices, stirring them easily till the Iuices
be consumed, then take it from the fire, and put in the
Turpentine; It is marveilous effectuall in Wounds,
and greene Vlcers, it pacifieth Inflammation, Deterg-
eth, Agglutinateth, Incarnateth, and also Cicatrizeth.

Emplastrum Diuinum.

2 R. Of Galbanum, Myrrhe, *ana* ʒ i. ʒ ii. Ammonia-
cum ʒ iii. ʒ iii. Oppoponax, Mastick, long Aristolo-
chia, Verdigrease *ana* ʒ i. Litharge, common Oyle *ana*
lib. ss. new Waxe ʒ viii. Frankinsence ʒ i. ʒ i. BdeUium
ʒ ii. Loadstone ʒ iii. the Litharge by stirring is ming-
led with the Oyle after it is boiled, untill it become
thicke, then adde the Waxe in small pieces, and as soon
as it is melted take it off the fire, and put in the Galba-
num, Oppoponax, Ammoniacum, and BdeUium, dis-
solved in Vinegar, and Wine boiled, and strained, after
adde the powdered Myrrhe, Mastick, Incense, and Ari-
stolochia, and Loadstone, next strew in the Verdigrease,
lest

lest that if it should be boiled any long space, the Emplaster become red.

This Emplaster is marvellous good against malignant Ulcers, for it detergeth, and consumeth Quitture, and corruption, and ingendreth new Flesh, and bringeth them to a Scar.

The black Emplaster.

3 R. Of red Lead lib. i. of white Lead lib. ff. Oyle Olive lib. ii. ff. boile them together untill it looke black; then take it off the fire, and make it up in rowles. It is a very good Salve for all manner of Sores, or Aches.

To make an attractive Plaster for the Gout.

4 R. Of Waxe lib. ff. $\frac{3}{4}$ iiiii. Rosin lib. ff. Colophony lib. ff. $\frac{3}{4}$ iiiii. Bolearme. $\frac{3}{4}$ iiiii. Benjamin $\frac{3}{4}$ ii. Storax liquid $\frac{3}{4}$ ff. Storax calamite $\frac{3}{4}$ ii. Matlick $\frac{3}{4}$ i. Olibanum $\frac{3}{4}$ i. Myrrhe $\frac{3}{4}$ i. Assafetida $\frac{3}{4}$ ii. Galbanum $\frac{3}{4}$ ff. Saffron $\frac{3}{4}$ ff. Oyle of Roses $\frac{3}{4}$ i. Cloves $\frac{3}{4}$ i. Deeres suet lib. ff. melt your Waxe, and Deere suet upon a soft fire, then put it to the Rosin, Colophony, and Bolearmenick, and then put in halfe the rest of the Parcels, reserving the Oyle of Roses, Benjamin, and Galbanum, they must be last, stir it continually upon the fire, put it into a Canvass bagge, and strain it with a rowling pin, then boile a good quantity of Plantaine in vi. Gallons of Water, two houres, then straine it, and when it is cold, straine your Plaster into it, and make it up in rowles.

*An excellent Emplaister to heale any
Wound, or Ache.*

5 R. Valerian, Woodbine, Iſope, Devils-bit, Adders
tongue, Hounds tongue, Capons Feather, S. Johns
wort, Houſelecke, Red Sage, Brier leaves, Diaſie leaves,
Tuſſane leaves, Cumfrey, Selfeheale *ana* m i. Houſe-
ſnailes one Pint, chop them, and the Hearbes, and boyle
them according to Art in a double Veſſell, in a ſuffici-
ent quantitie of May Butter, and ſtraine it; adde of
Frankincenſe $\frac{3}{2}$ ii. Myrrhe, and Sacrocole *ana* $\frac{3}{2}$ i. Alome,
Honey, Waxe, Roſin, Turpentine *ana* $\frac{3}{2}$ vi. boyle it ac-
cording to Art, and reſerve it for your uſe.

Sir Philip Parys his Emplaister.

6 R. Of Oyle Olive, lib. ii. red Lead, lib. i. white
Lead lib. i. beat and ſearſe them, Spaniſh Soape $\frac{3}{2}$ xii.
Incorporate theſe well together in an earthen Pot well
glazed before you put them to boyle, then put them up-
on a gentle fire of Coales for one houre; and a halfe, ever
ſtirring it, then encrease the fire untill the red turne to
gray, and ſo continue the ſtirring untill the matter be-
come of the colour of Oyle, and ſomewhat darke; dry it
on a Trencher, if it cleave not thereto, it is enough, dip
your linen Clothes therein, ſmooth them with a Sleek-
ſtone, it will laſt thirty yeeres.

This Plaſter, laid upon the Stomacke, provoketh
Appetite, and taketh away any Griefe from the ſame;
laid to the belly, it eaſeth the Cholicke ſpeedily;
laide to the Reines, it ſtoppeth the Bloody Fluxe, the
running of the Reines, the heat in the Kidneyes, and
weakneſſe of the Backe: It healeth Swellings, Bruiſes,

Aches : It breaketh Swellings, Bruises, Apostemes, and healeth them ; It draweth out Humours without breaking the Skinne : It healeth the Diseases of the Fundament : laid upon the Head, it healeth Headach, Vvula, and Eyes ; laid to the Belly , it bringeth Womens monthly Visits, and maketh the Matrice apt for Conception.

A most approved Plaisfer for a Rupture.

7 R. Of Aloes Citrine \mathfrak{z} i. Dragons blood, \mathfrak{z} i. Myrrhe \mathfrak{z} i. Masticke, Bole Armenicke, Gumme Dragant *ana.* \mathfrak{z} iii. powder them all very finely, and make an Emplaister with the Slime of Red Housefnailes.

A Plaister very excellent for the Scelastica.

8 R. Yellow VVaxe, Rosin, Rosin of the Pine, *ana.* lib. i. Colophony, lib. ff. Masticke, Frankincense, *ana.* \mathfrak{z} ii. Myrrhe, \mathfrak{z} i. Sheepes Suet, lib. ff. Cloves, Mace, *ana.* \mathfrak{z} i. Saffron, \mathfrak{z} ff. Galbanum, Oppoponax, Bdellium, *ana.* \mathfrak{z} i. Red VVine lib. ii. running VVater, lib. i. Camphire, \mathfrak{z} iii. make one Emblaister.

A Plaister to breake, Cicatrize, and asswage paine.

9 R. Oyle of Roses, lib. i. Cerus, red Lead, *ana.* \mathfrak{z} ii. Litharge of Gold, and Silver, Dragons blond, Lapis Calamiparis, Bolearmenicke, *ana.* \mathfrak{z} ff. Camphire \mathfrak{z} iii. powder them that are to be powdered, and make a Plaister with white VVaxe.

To make Oxycrotium good for old Bruises, and Ache in the Limmes, and to dissolve hard Impostumes, also for broken Bones and Wounds that have beene healed faire without, but rankle within.

10 R. Of good Waxe \mathfrak{z} iiii. as much Colophonie, as much blacke Pitch purified, Saffron \mathfrak{z} i. \mathfrak{ss} . powdered, Masticke, Frankincense, ana. \mathfrak{z} ii. Myrre, \mathfrak{z} iiii. Gumme Ammoniac, Galbanum, ana. \mathfrak{z} ii. steeped all night in Vinegar, and strained and boyled againe untill two parts of the Vinegar be wasted, then take the Pitch melted, and put to the Gummes and Vinegar, then melt the Waxe, and put thereto, and then the Colophony in Powder, next the Masticke, and lastly the Frankincense, & Myrre powdered, stirring all together very fast, then adde of Turpentine \mathfrak{z} ii. but let the Plaister be no more then warme, and stirre it continually untill all be very well mingled; but before you put in your Turpentine, you must put in your Saffron, mingled with the Yolke of three or foure Egges, then straine it into warme water, and anoint your hands with Oyle of Bay, and make it up, and strike it on Cloth, or Leather.

Another Oxycrotium for any other Ache in the Body, or paine in the Breast, or for the Sciatica.

11 R. Of the finest Olibanum searced lib. i. of Rosin beaten and searced lib. i. of Ship Pitch strained lib. i. Sheepes Tallow lib. \mathfrak{ss} . tried. Colophony \mathfrak{z} iiii. Comin \mathfrak{z} iiii. Ladanum \mathfrak{z} ii. Cloves, Mace, ana. \mathfrak{z} i. Saffron, \mathfrak{z} \mathfrak{ss} . powder all the Spices, then take a cleane Panne, and melt the Rosin on a soft fire, and let it not seeth; then put in the Olibanum by degrees, untill it be all molten,

* *Sheepes
Skins
finely taw-
ed.*

then put in the Tallow scraped small, and then the *Ladanum*, when all is melted, and brayed in a hot Morter with a hot Pestle, take your Cloves, Mace, Saffron, and Comin all in fine Powder, and mingle them well together, and take your Panne off the fire, and put in the Spices, stirring it well, and looking that it seeth not over; then strike your * *Skinnes* whiles it is hot, and the rest make up in Rolls, anointing your hands with Oyle when it beginneth to be hard. This is the best Plaister for Gouts, and Aches, especially if they come of cold Rhumaticke matter, or the like cause, that is to be had, removing it after the paine, as the paine removeth.

Dofor Morsus Plaister, called Oxecrotium.

12 R. Ship Pitch, Saffron, Colophony, Bee Waxe, an, \mathfrak{z} iiii. Turpentine, *Galbanum*, *Ammoniacum*, Myrrhe, fine Frankincense, Masticke, ana \mathfrak{z} i. & iii. lay your *Galbanum* in Vinegar all night, and then boyle it, and straine it, and melt all your Gummes, and mingle them by stirring them, and put in your Turpentine last, continually stirring it; and after make it up in Rolls.

An Emplaister for an Ache.

13 R. Euforbium, mingle it with twelve times so much, of the best Oyle Olive, and a little Waxe, and make an Emplaister, It is good against all Paines, and Aches in the Joints, sudden takings, & Lameness, Palfies, Crampes, and shrinking of Sinewes, and is exceeding good for benumbed, and dead Limbes, or Members, having the Hearb *Agnus Castus*, or Tutsane, infused in the Oyle before.

A Salve to Draw, and Heale.

14 R. Of Turpentine, one peniworth, Virgins Wax, as much as a Walnut, fresh Butter as much, Honey one spoonfull, melt all these together in a Panne, then strain it into faire Water, and keepe it for your use.

A good Emplaiſter for old Sores, or new.

15 R. Of Rosin \bar{z} iiii. melt it in a Panne, then take of Wax \bar{z} ii. Turpentine, a little, and a quantity of Sheepes Suet, chopped small, and a spoonfull of Oyle Olive, and boyle them all together, then straine it into Water, and make it up; if there be any Core in the Sore, that may hinder the healing, take a little Mercury, and put it into two spoonfulls of Water, and when it is melted, and congealed together, take a Feather, and drop in two, or three drops, and so lay on the Plaister.

An Emplaiſter called, Gratia Dei.

16 R. Of Rosin, lib. ss. boyle it, and scumme it clean, then take of unwrought Wax, \bar{z} iiii. and put it to the Rosin, and boyle them together, then take of Turpentine, Sheepes Suet, *ana*, \bar{z} i. Oyle Olive, a spoonfull, put them all together to the Rosin, and Wax, and boyle them, till the Scum be gone, and it waxeth black, then take it off the Fire, and cleanse it through a faire linen cloth, into Water; then worke it in your hands, and pull it out, as you doe Birdlime, a quarter of an houre, and make it up in Rolls. This Salve is good for any old Sores, or for fresh Wounds.

*An Emplaister for a Bruise in the Leg, or Arme,
or elsewhere.*

17 R. Water Cresses, and wash them cleane, and
seeth them soft, and beat them small in a Morter, then
put them in a Panne, and put thereto Sheepes Suet, or
Deeres Suet, and Wine Lees, as much as shall suffice,
and lay it warme to the Sore, and Wheat Brann, and fry
all together, and make a Plaister, and so use it often, as
need shall require.

*To make a blacke Salve that cureth all old Sores, and Vicers,
be they never so foule, and stinking.*

18 R. Of good strong Ale, one gallon, of Wood-
bine leaves, m. ii. red seeded Nettles, m. i. Colewort seed-
ed, with the jagged leafe m. i. red Onions lib. ss. Gar-
licke pill, lib. ss. unset Leekes, lib. i. Barke dust, a lit-
tle dishfull, stampe all these to Powder, very small, sever-
ally by themselves, and put them into the Ale, with
Roch Allome lib. ss. then boyle them on a soft fire, untill
more then halfe be wasted, then let them stand three or
four dayes, and straine them into a faire Vessell, then
adde to them of Waxe, Rosin, Nerve Oyle, ana. lib. ss.
English Honey the best, one quart, then boyle it againe
on a soft fire, untill halfe be consumed, then keepe it in
an earthen Vessell, close stopped for your use.

A good Emplaister for an Ache.

19 R. Rosin lib. ff.
Frankincense lib. ff. § powdered.
Ladanum, Masticke *ana.* § i.

Vnwrought Waxe, Deeres, or Sheepes Suet *ana.* § ii.
Camphire § ii. Turpentine § ii. melt the Rosin, Frankincense, and Waxe, in a pottle of white Wine, and when they are molten, put in your Masticke, and Ladanum, and then your Suet: when all these are well melted together, then grinde your Camphire, and put it in, and last of all, your Turpentine: then take it from the fire, and stirre it untill it waxe cold, then make it up in Rolls, and keep it for your use. When you use it for any Ache, make a Plaister of new Sheepes Leather, broader then the place you are to lay it to, then spread on your Salve as thinne as you can upon the Fleshy side, and pricke it full of holes, and so lay it to, but take it not off from the place, untill it come off it selfe without pulling.

To make the Greene Salve.

20 R. In May, or Iune, these Hearbes following, (*viz.*) Plantaine, Ribwort, Yarrow, Vrben, Betony, Egrimony, Burnet, Mugwort *ana.* m. i. gather them cleane without dust, for you must not wash them, then shred them small, and stampe them till they be like a Salve, then boyle them halfe an houre in a pottle of good white Wine, then straine your Liquor, and wring your Hearbes as hard as you can, then after it hath boyled a walm, or two, take it off the fire, and put to it, Rosin, Turpentine *ana.* lib. i. Waxe lib. ff. § iiii. Masticke § ff. finely

finely powdered, melt these, and straine them into the aforesaid Liquor; then boyle them all together untill it be neare enough, and put into it a Porrenger full of the juyce of Parseley, and stirre your Panne with a Sticke, so fast as you can; then boyle it a little, and take it off the fire, continually stirring it untill it be cold; then worke it into Rolls, and keepe it from the dust.

A very excellent Salve for Wounds, and old Sores.

21 R. Of pure Rosin lib. ff. 3 iiij. unwrought Wax 3 vi. Sheepes Suet, and fresh Butter clarified ana. 3 iiij. resolve all these upon a soft fire, then put thereto of Verdigrease beaten into fine powder, a quarter of an ounce, then straine it into a pint of white Wine, and stirre it untill it be cold, then make it up in Rolls.

A Salve for fresh Wounds.

22 R. Red Lead lib. i.	} boile them to the thicknesse of an Emplaister,
white Lead, lib. ff.	
Castle Soape, 3 vi.	
Oyle Olive, one quart	

A Plaiſter to ripe an Impoſtume.

23 R. Of the Crummes of Bread well searfed lib. i. of the Broth of Veale, or Mutton, or of a Hen wherein the Rootes of Marshmallowes, and Holliocke, and the rootes of Lillies were sodden; put the Bread into this Decoction while it boyleth, then straine them all very hard, and stampe them in a Mortar, and when they are well stamped, put to them, of Oyle of Camomile, Oyle of Roses ana. 3 ii. Oyle of Lillies, Hennes grease, and Butter

Butter, *ana* ʒ vi. and of the decoction as much as shall suffice, and set them on the fire againe, stirring them untill they come to be stiffe: hereof make Plaisters to bee laid upon the Phlegmatick Apostemes twice a day.

Another for the same.

24 R. The leaves of Mallows, and of Violets *ana* m. i. Rootes of Langdebase tender, and fresh ʒ ii. Rootes of Hollibock ʒ iii. boile them perfectly, then chop them small, stampe them, and straine them finely; then take a little Linseed, and Fenugreeke well beaten, and put them in the decoction, with Barley flowre, and make a stiffe Plaster, adding of common Oyle ʒ iii. fresh Butter ʒ ii. of fresh Swines grease ʒ ii. yolkes of Egges nu. iii. mingle them againe, with the Rootes strained, and set them on the fire againe, and stir them about, and make a Plaster, and use it twice a day.

A Gratia Dei for all Wounds, and Vlcers.

25 R. Of the greater and lesser Centaury, Woodbine, Alleluia, Plantaine, Ribwort *ana* m. ii. the greater, and lesser Comfrey, Mouseare, Clary, Yarrow, *ana* m. i. flowers of Rosemary, Wormwood, Mugwort, *ana* m. ss. Rootes of Madder ʒ iii. Graines powdered ʒ ii. flowers, and leaves of S. Johns wort, Egrimony, Knot grasse, Vervaine, Horse taile, *ana* m. i. ss. cut them, and stampe them together, and adde of fresh Swines grease melted lib. i. ss. Oyle of Roses odoriferous lib. ii. cleare Turpentine, Cowes Tallow, lib. ii. ss. Sheepes Suet lib. i. stampe these againe with lib. iii. of good Wine, and so leave them the space of 9. dayes in the Sun, then boile them on a soft fire till the Wine be consumed, then add

of cleare Turpentine z viii. Mastick, Rosin of the Pine, *ana* z iii. Gumme Elem. z ii. white Waxe sufficient: make a stiffe Oyntment, and malaxe it in good Wine, then in Goates, or Cowes milke, lastly in Aquavitzæ.

*An Emplaister to heale Cankers, Fistulaes, and
maligne Vicers.*

26 R. Of Litharge of Gold lib.i. and powder it fine, Oyle of Roses qr. i. white Wine pi. i. old Vrine pi. ss. well clarified, Wine Vinegar pi. ss. Virgin Waxe two penny weight, as much Olibanum, Myrrhe one penny weight; these Gummes finely powdered and searsed, then put all over the fire, ever stirring it till it grow black, then put in your Vrine, and boile it one houre, ever stirring it, and it will be a most excellent Plaister.

A Plaister for shortning of Sinewes.

27 R. Of Water Cresses, and Camomill *ana*, grinde them small, and fry them with wheaten Meale, and Honey, and lay it on a linnen Cloth to the Sore, Plaister wise, as hot as you can suffer it, and change it twice a day.

The Tobacco Salve for fresh Cuts.

28 R. Of the Juice of greene English Tobacco qr. i. Sallet Oyle pi. i. a little Turpentine, a little Waxe, and a little Verdigrease; boile them to a Consistence, and make a Plaister.

Note, that the best Cloth for Plaisters, is new Lockem never used, the worst is Calicoe, and such Cloth as hath been starched.

A Salve to heale any Wound.

29 R. Virgin Waxe lib. ff. sweet Butter clarified, \mathfrak{z} iiiii. Turpentine \mathfrak{z} iiiii. yolkes of Egges nu. ii. beaten to Froth, red Rose water \mathfrak{z} iiiii. Sugar Candy \mathfrak{z} ii. Flowre, as much as shall suffice: boile all these together with a soft fire, stirring it well together as you put in the Flowre, untill it come to a perfect Plaister.

A Plaister for the Gout, or Ache in the Toimes.

30 R. Of Waxe, Rosin, ana lib. ff. Olibanum \mathfrak{z} i. white Lead \mathfrak{z} ix. Litharge of Gold finely beaten, and searsed \mathfrak{z} ix. Neats foot Oyle pi. i. set the Oyle on the fire with the Waxe, and Rosin, when they are melted put in a pint of white Wine, a while after put in the other Powders, and stir it fast with a stick, then drop a little, and when it is cold, if it be hard, it is enough; then take it off, and anoint a faire board with Neates foot Oyle, and when it is almost cold, worke it thereon like Waxe, and make it up in great rowles: when you use it, spread it upon linnen Clothes, or Leather, and lay it warme on where the paine is; so renew it Morning, and Evening untill it be whole: beware of cold, and hot Wines.

The black Salve good for any fresh Wound.

31 R. Of Oyle Olive pi. i. red Lead \mathfrak{z} ix. stir them well together, and set them on the fire, and boile it fast untill it looke black, and if a drop stick to you finger, it is enough: beware lest any sparke of fire flie into it in the boiling.

A very good Salve to heale an old inveterate Sore.

32 R. A pint of strong Ale, and set it on the fire, and put into it a quarter of an ounce of roche Allome, and a spoonfull of good Honey, and as much Deere suet, or Sheepes suet, and a Crab, and let them see the together till the fourth Part bee consumed; then take three or foure spoonfulls of wheate Flower, and mingle them together, and after put them into the rest of the Liquor; and set it on the fire, and stir it till it be thick; then take it from the fire, else it will be thin againe, and put it into a pot; and when you will use it, spread it on a linnen Cloth a quarter of an inch thick, and let it lie foure-teenne houres, and when you take it away, wipe away the corruption very cleane; then lay on another alwaies warme.

A Salve for all manner of Wounds, and Sores that be curable.

33 R. Of Betony, Plantaine, Smallage, of each lib. i. of the Iuice, and put it in a pan; adde to it of cleane new Waxe $\frac{3}{4}$ ii. of cleaneft, and whitest Incense $\frac{3}{4}$ ii. melt these by themselves with a soft fire, then put the Iuices thereto, and boile them together untill all the Iuices be wasted, ever stirring it; then take it from the fire, and straine it through a Cloth; then take of Turpentine $\frac{3}{4}$ iii. and temper them together, when it is cold put it up: when you use it, chafe a little in your hand, and spread it upon a Cloth broad and long enough to cover the Wounds, first washing the Wounds with white Wine, and Honey-sodden together, blood warme, and dressing them Morning, and Evening, the Plaisters being warme: if you wet a Tent in the said Wine, and put into the bottome of the VVound, it will draw out the corruption: if the VVound ake poure in a little Oyle Oliye.

Powders.



Powders.

CHAP. XXXV.

A Powder for Hollow Vicers.

R. Frankincense, Masticke, Myrrhe, Sarcocoll, Bolearmenike, Dragons blood, Barley meal, *ana*. mixe them in fine Powder, and sprinkle upon the Wound.

A Powder to incarnate Wounds.

2 R. Of Hogge Fennell, $\frac{3}{4}$ ff. Flouredeluce 3 v. Myrrhe $\frac{3}{4}$ iii. the greater, and lesser Centory, *ana* 3 ii, round Aristolochia, Tuttie, Oppoponax, Meale of *Orobursana* 3 ii. ff. make all in fine Powder.

A Powder to stay bleeding of a Wound.

3 R. Quicke Lime, Dragons blood, Aloes, Frankincense, Copperas, *ana*. Incorporate them, being finely powdered with the white of an Egge, and Cobwebbes, and apply it.

A Powder Adstringeto be used in stitching of Wounds with Clothes.

4 R. Of Mill dust 3 iii. Bolearmenicke, Frankincense, *ana* $\frac{3}{4}$ ff. Olibanum, Masticke, myrrhe, *ana* $\frac{3}{4}$ ii. ff. Dragons

H h 3

Dragons blood $\frac{3}{4}$ iii. ss . Blood-stone $\frac{3}{4}$ i. make them in fine Powder, which yee shall use with the white of an Egge, and spread it upon a cloth, and lay it over night upon each side the Wound one, even with the edges, and on the morrow you may joyne the edges by stitching the clothes, and drawing them close.

Hollands Powder for the Cholicke.

5 R. Anniseed,	} <i>ana</i> $\frac{3}{4}$ ss {	Bay Berries $\frac{3}{4}$ ss .
Fennell Seed,		} Sene, the weight of all the rest: make a powder of them, and give it in white Wine, 3 i. ss . at a time.
Coriander Seed,		
Smallage Seed,		
Parseley Seed,		
Commin Seed,		
Graine of Paradise,		
Agat Stone,		
Milfoile,		
Seed of Carrawaies,		
Seed of Broome,		
Ginger,		
Long Pepper,		
Nutmegs,		

*To make the Powder called Pulvis sanctus, to Purge, the
Dose whereof, is, 3 i. ss .*

6 R. Of the leaves	} <i>ana</i> $\frac{3}{4}$ ss {	Cloves, Cinamon	} <i>ana</i> $\frac{3}{4}$ ss . Dia-
of Sene, white Tartar		Galingale, Ammi	

viii. good Rubarbe 3 i. Salt Gemme, gr. 20. Ginger ss .
Agaricke ss ii. beat all into fine Powder, and mingle
them.

A Powder for an Ague.

7 R. Cardus Benedictus, the Hearbe Mercurie, Plantaine leaves, Centaury, Rue, *ana* powder them, and drinke it in Posset drink, two, or three nights together, before you goe to bed, and sweat upon it, the Dose is ʒ i. at a time.

Powder of Turbith to purge Phlegme for Women, Children, or old Men, or for delicate Persons that live without labour.

8 R. White Ginger, Masticke, *ana*. ʒ x. Turbith, finely powdered ʒ v. Sugar, as much as all the rest, mingle them together in fine powder.

A dredge Powder that purgeth Choler, Phlegme, and Melancholy.

9 R. Turbith ʒ i. Ginger, Cinamon, Masticke, Galingale, Graines of Paradise, Cloves, Anniseed, the Hearbe called Mercuries Finger, Diagredium, *ana*. ʒ ss. leaves of Sene ʒ ii. Sugar ʒ iii. mingle them, and powder them finely.

A Sneezing Powder.

10 R. Rootes of Sneezing Wort, or Battram, ʒ i. Castoreum ʒ ss. white Elebor, and black Elebor *ana* ʒ i. Marjorame m. i. mingle them, and make them into
Powder.

A most excellent Powder to provoke Vrine, and to send forth the Gravell and Stone.

11 R. A Flint Stone, and beat it in a Morter to a most fine and subtile Powder, searce it, and keep it in a Bladder till you have occasion to use it; then take halfe a Dramme at once fasting at time of need in white Wine, or Posset Ale, or such like.

To make white Damaske Powder.

12 R. Of Scuttle bone in fine Powder, lib. ss. adde thereto of Muske cod, ʒ ss. or pure Muske Civer, and Amber Greece, ana. ʒ iii.

To make common sweet Powder.

13 R. Of Ireos ʒ iii. Calamus Aromaticus, Ciprus, Sweet Marjoram, red Roses, ana. ʒ ss. Lavender, Origani-
num, Nigella, ana. ʒ ii. Orange, or Lemon Peeles, ʒ ii. Clove dust ʒ ii. make all in fine Powder, and mingle them.

To make Damaske Powder.

14 R. Of Otris lib. i. red Rose leaves dried, ʒ iii. Cloves, ʒ vi. Saunders, Citrine, sweet Marjoram, ʒ ss. Calamus Aromaticus, Ciprus Rootes, Coriander, ana. ʒ iii. Powder them, and adde of Storax, Calamint, ʒ vi. and Muske ʒ i. or of Muske Cod ʒ iii. beaten into small pieces.

A Powder for the Falling sickness.

15 R. A Mans Skull that hath been dead but one yeare, bury it in the Ashes behinde the fire, and let it burne untill it be very white, and easie to be broken with your finger; then take off all the uppermost part of the Head to the top of the Crowne, and beat it as small as is possible; then grate a Nutmeg, and put to it, and the blood of a Dog dried, and powdered; mingle them all together, and give the sick to drinke, first, and last, both when he is sick, and also when he is well, the quantiry of halfe a Dram at a time in white Wine.

A Powder for the Gout.

16 R. Of fine Ginger the weight of two Groates, Elecampane Rootes dried twice as much, Licoras the weight of eight Groates, Sugar candy \mathfrak{z} iii. beat all into fine Powder, searce them, and mingle them, and drink thereof all times of the day.

A Powder to rub the Teeth, and keep them white.

17 R. White Bread, Corral, Harts horne, *ana* \mathfrak{z} ff. Allome \mathfrak{z} i. Sage, and Roses *ana* m. i. Oyster shels, and Egge shels *ana* m. ii. make them into fine Powder, and rub the Teeth: also pieces of Cheiney dishes powdered is excellent to rub the Teeth.

A Powder to stanch bleeding at the Nose.

18 R. Truboll \mathfrak{z} iii. Dragonsblood, Frankinsence, Aloes, Mastick *ana* \mathfrak{z} i. haire of the belly of an olde Hare small cut \mathfrak{z} ff. make them in Powder, and blow them into the Nose, and make a Tent of Cotton to hold it in.

A Powder for the Greene sicknesse.

19 R. Steele Powder \mathfrak{z} i. Nutmegs nu. i. Licoras \mathfrak{z} ii. powder them, and take as much Sugar as the quantity of the Powder, and mingle them; then take thereof as much as will lie on a shilling every Morning fasting, and an houre, and a halfe after, take some water Gruell, or other thin Broth, using some exercise presently after; doe the like at Night, an houre before you goe to bed, and use some exercise untill you goe to bed: you must forbear Milke, and Fruits, and Meates made of Milke.

A Powder for the Stone.

20 R. Of Hollands Powder \mathfrak{z} i. a little long Pepper, and the Seeds, or Kernells that be in Ashe keyes, powder them, and put them into white Wine, or stale Ale, and drinke it first and last blood-warme.

A Powder for the Falling sicknesse.

21 R. The Skull of a man that hath been dead but one yeare, and bury it in the Ashes behinde the fire, and let it burne untill it be marvellous white, and so well burned that you may breake it with your finger; then take

take off all the uppermost part of the Head to the top of the Crown, and beat it as small as is possible, then grate a Nutmeg, and put to it, then take Dogs blood, and dry it, and make Powder thereof, and mingle as much with the other Powder, as the Powder weighes, and give it the sick to drinke, both when he is well, and when he is sicke, first, and last, and it will help him by Gods grace.

A Powder for the black Iaudies.

22 R. A platterfull of great Earth-wormes, and wash them very clean; then sprinkle them with Salt to scoure themselves to death; then wash them very cleane againe, and lay them one by one in a Platter, then set them in an Oven after the bread is drawne, and there let them stand untill they be so dry that they may be powdered; then powder them very fine, and put the Powder in a Bladder, which you may keepe a whole yeare: when you would use it, take a spoonfull thereof, and put it into a good draught of Beere, or Ale, then put in a little Powder of English Saffron, and a little Iett powdered, and as much Treacle as an Haseell Nut, and a rase of Turmeric grated, then warme it Blood-warme, and give it the Patient to drinke, and let him fast iii. houres after.

A Powder for a Stitch.

23 R. For a Man, the Leaves of thee Holly, for a woman, of Hee Holly, dry them, and powder them, and put thereof into your drinke, or broth.



Waters.

CHAP. XXXVI.

A good Water for Heates, and Inflammations of the Eyes.

R. Of Aloes Epaticke, purest Sugar, Tutty stone powdered *ana* ʒ i. red Rose water, white Wine *ana* lib. ii. in a double Glasse set them in *Balneo Maria* five, or sixe dayes, often shaking it about.

A Water to cleanse a filthy cankerous Vicer.

R. Plantaine water, red Rose water *ana* lib. i. Iuice of Night shade, Houselecke, and Plantaine *ana* ʒ iiiii. red Roses m. ss. Myrtles, Cypresse Nuts *ana* ʒ ss. of the rinde of the Pomegranate ʒ iii. flowers of S. Iohns wort, p. ii. flowers of Molleyn p. i. Mastick, Myrrhe, Frankincense *ana* ʒ i. Honey of Roses lib. i. ʒ iiiii. powder that which is to be powdered, and distill them all together, R. of this distilled Water lib. i. therein dissolve conserve of Roses ʒ vi. and Sirrup of dry Roses ʒ i. with Oyle of Brimstone xii. drops, and use it.

An excellent Water for the Vleceration of the Yard.

3 R. Water wherein Iron hath been often quenched lib. ii. red Roses ʒ iiiii. Pomegranate Pills, and Flowers *ana* ʒ ii. Plantaine, Houselecke *ana* ʒ iii. ss. Honey of Roses, Turpentine, *ana* lib. ss. Allome ʒ vi. white Coperas ʒ iii. boile them in a cleane vessell untill halfe bee wasted; then straine it, and adde Verdigrease ʒ iii. boile them againe, or if you will, Filter it.

A Water for a Fistula.

4 R. White Wine one pinte, Iuice of Sage ʒ i. Bo. race in Powder ʒ d. weight, Camphire powdered the weight of a Groate, boile all together a pretty while on a gentle fire, and with this Water wash the Fistula.

A Water for the Toothache.

5 R. Red Rose leaves m. ss. Pomegranate flowers, m. ss. Galls sliced thin n. ii. boile them all in three quarters of a pinte of red Wine, and halfe a pinte of faire Water untill the third part be wasted, then straine it, and hold a little thereof in your mouth a good while, then spit out, and take more; also if your Cheeke swell, apply the strainings betweene two Clothes as hot as may be suffered.

A Water for the Sight.

6 R. Smallage, Fennell, Rue, Egrimony, Daffadill, Pimpernell, and Sage *ana*, distill them with breast Milke, and a little Frankincense, and drop of it into your Eyes each night.

A precious Water for Sore Eyes, and to restore the Sight.

7 R. Smallage, Rue, Fennell, Verveine, Egrimony, Scabious, Avens, Houndstongue, Eufrase, Pimpernell, Sage, *ana*, Distill all these together with a little Urine of a Manchild, and a little Frankincense, and drop it into the Eyes at Night.

A Water for a Sore Mouth.

8 R. Red Fennell, red Sage, Daisie rootes, Woodbine leaves *ana* m. i. Roche Allome $\frac{3}{4}$ i. English Honey one spoonfull: boile them together in a pinte of Water, and wash the mouth therewith.

A precious Water for Sore Legs, and for the Canker in the Mouth, or any other place.

9 R. Of Woodbine leaves, Ribwort, Plantaine, Abinte, *ana* m. i. English Honey purified, three spoonfulls, Roche Allome a quantity, put all these into a quantity of running Water, and let it seethe to a Pottle, or lesse; then keepe the Water in a pure Earthen vessel well glased, and wash the Sore therewith twice a day.

A Water for a Canker.

10 R. The Barke of an Elder tree, Sorrell, Sage, *ana*, beate them, and straine them, and temper the Iuice with White Wine, and wash the Sore therewith.

A Water to take away Pimples, or Heate in the Face.

11 R. A spoonfull of burnt Allome, and put it into a sawcerfull of good white Wine Vinegar, and stir it well together, and when you goe to bed, dip a linnen Cloth in the Vinegar, and wet your Face therewith, and it will dry up the Wheales, and take away Rednesse.

A Water for to cleare the Face.

12 R. Limons n. ii. slice them, and steepe them in a pinte of Conduite water, let them infuse foure, or five daies, close covered, then straine them, and dissolve in the Water the quantity of a Hasell Nut of Sublimate (some hold a Dram a good proportion) finely powdered; let the Patient wet a Cloth therein, and rub her face every Morning, and Evening untill the hewe doe please her: you may make the same stronger, or weaker, as you please.

A Water for the Morphewe.

13 R. White Wine Vinegar q. i. Distill it to a pint, then put therein Egges with the shels, n. ii. red Docke rootes scraped, and sliced, n. ii. three spoonfulls of the flower of Brimstone, so let it stand three dayes before you use it: you must tye a little Wheat Bran in a Cloth, and

and wash therewith Night, and Morning, nine daies together.

Another Water for the same.

14 First, to bring the Morphewe out, R. every Morning fasting the quantity of a Nut of Treacle, either in Strawberry, or Fumetary water for nine, or ten Mornings together. Then R. Sulphur vivum $\frac{3}{4}$ ff. and as much Camphire finely beaten, and searced, infuse both in a pinte of the strongest white Wine Vinegar; shake it twice, or thrice for one day, then use it to rub the place tainted.

A Water for heate in the Face, and to cleare the Skin.

15 R. The Iuice of Limons, and therein dissolve common Salt, and with a Cloth wet your Face when you goe to bed.

A Water to preserve the Face young a great while.

16 R. Of Sulphur vivum $\frac{3}{4}$ i. white Olibanum $\frac{3}{4}$ ii. Myrre $\frac{3}{4}$ ii. Ambre $\frac{3}{4}$ vi. make them all into fine powder, and put them into one pound of Rose water, and distill them in *Balneo Maria*, and keepe the Water in a close vessell; when you would use it, wet a linnen Cloth therein, and wash the Face before you goe to bed, and in the Morning wash it with Barley water, or Spring water. The Water of Beane flowers, Lillie flowers, Water Lillies, distilled Milke, distilled Water of young Whelpes, are good to wash the face, and procure it lovely.

A Water to make the face Smooth, and Lovely.

17 R. Of Cowes Milk lib. ii. Oranges, and Limons *ana* n. iiii. of the whitest, and purest Sugar, and Roche Allome *ana* ʒ i. distill them together: let the Limons, and Oranges be cut into slices, and infused in the Milke, adding the Sugar, and Allome; then distill them all in *Balneo Maria*, and you shall have an excellent Water to wash the Face; and about bed time you shall cover your face with clothes dipped therein.

Another for the same.

18 R. Snails gathered in a Vineyard; Juice of Limons; the flowers of white Mullaine, mixed together in equall proportion, with a like quantity of the Liquor contained in the Bladders of Elme leaves distilled all together, is very good for the same purpose.

Also this.

19 R. The crummes of white Bread lib. iiii. Beane flowers, white Roses, flowers of water Lillies, and Flower de luce, *ana* lib. ii. Cowes Milke lib. vi. Egges nu. viii. of the purest Vinegar lib. i. distill them all in an Alimbeck of Glasse, and you shall have a most excellent Water to wash your Hands, and Face.

Another.

20 R. A live Capon, and the Cheefe newly made of Goates Milke, and Limons, n. iiii. Egges n. vi. Cerus washed in Rose water ʒ ii. Boras ʒ i. fl. Camphire ʒ ii.

K k

Water

Water of Beane flowers lib. iiii. infuse them all for the space of foure, and twenty houres, and then distill them in a Limbeck of Glasse.

Also, take Mutton bones severed from the flesh by boiling, beate them, and boile them in Water; and when they are well boiled, take them from the fire, and when the Water is cold, gather the fat that swims upon it, and therewith anoint your Face when you goe to bed, and wash it in the Morning with the formerly prescribed Water.

A Water for Rednesse, and Pimples in the Face, which for the Milky whitenesse is called Virgins Milk.

21 R. Litharge of Gold \mathfrak{z} ii. Cerus, and common Salt *ana* \mathfrak{z} fl. Vinegar, and Plantaine water *ana* \mathfrak{z} ii. Camphire \mathfrak{z} fl. Steepe the Litharge, and Cerus severally in Vinegar for three houres, and the Salt, and Camphire in what Water you please, and like best for your purpose; then Filter them both severally, and mixe them so Filtered when as you would use them.

To make a pretious Water.

22 R. Cloves, Cinamon, *ana* \mathfrak{z} i. Mastick, Mace, Camphire *ana* \mathfrak{z} ii. beate all these to fine Powder, and let them stand in sixe Spoonfull of good white Wine Vinegar the space of foure, and twenty houres, then put it into a Pottle of good Rose water, and so let it stand two dayes in some warme place; then put thereto three quarters of a pound of good hard Sugar, and distill it with a gentle fire. This Water is pleasant, and good for the mouth, it preserveth the Gums, and scoureth the Pallate, and keepeth white the Teeth, and free from all corruption,

corruption; it maketh sweet the breath, being gargarized in the Mouth : wash the Face, and Hands therewith, and it will cleare the skin, and adde much beauty to them; and if you sprinkle a toste of wheaten Bread with three, or foure drops of this Water, and eate it a few Nights together last to bedward, it will make the breath very sweet.

To make Aquamirabilis.

23 R. Galingale, Cloves, Quibibes, Ginger, Mellilot, Cardemony, Maces, Nutmegs, ana 3 i. of the Iuice of Celandine 3 viii. powder the Spices, and mingle them with the Iuice, and adde thereto Aqua vitæ one pinte, and white Wine three pintes, then put them all in a Stillatory of Glasse, and let them infuse all Night, and in the Morning distill it with an easie fire.

This Water helpeth much the Lungs, and healeth them if they be much wounded, or perished; it suffereth not the Blood to putrifie, so that there shall be no need of Phlebotomy; it is good against Phlegme, and Melancholy, and expelleth Rheume mightily, and purgeth the Stomack; it comforteth youth in his owne estate, and gendreth a good colour, and conserveth their Visage, and Memory; it destroyeth the Palsy of the Liver, and Tongue; and if the said Water be given to a man, or woman labouring towards death, one spoonfull relieveth : of all Waters artificiall, this is counted the best, and in the Summer use once a weeke fasting, the quantity of a spoonfull, and in Winter as much more.

A Water for a Canker in the Mouth.

24 R. The inner barke of an Elder tree, and boile it with white wine Vinegar; then straine it, and put into it a good quantity of Honey, and a race of Ginger grated; boile them together a pretty while; then take a Cloth, and wash the Mouth therewith, and it will heale the Canker.

A Water for sore Eyes.

25 R. A good handfull of yong red Fennel; as much Eyebright; Sugar candy, the quantity of a Walnut; as much white Coperas as a Beane; boile all these in a pint of running Water till halfe be consumed in a well leaded Earthen Vessell; then straine it, and let it settle; then put the clearest into a Glasse, and drop it into your Eyes as you have need.

For sore Eyes.

26 R. An Egge, and roste it hard; then cleave it, and take out the Yolke, and fill the hole with white Coperas, and presse it hard in a cleane Cloth, and wash your Eyes with the Water.

A Water for a Webb, or Pearle in the Eye.

27 R. Strong Eysell, or Vinegar, and put it in a vessell of Brasse, with black Sloes of the hedge, Lead, and Wormwood, and let them stand well covered nine, or ten daies; then draine out the Water, and keep it to your use; and when you have occasion, put a drop into the corner of the Eye.

To make Eysell.

28 R. A quantity of Beane flower, and knead it with Vinegar, and bake it, then take it out of the Oven, and wash it all over with Vinegar, and bake it againe; doe thus twice, or thrice, and when it is well foked with Vinegar, put it into Wine, and it will turne it into Eysell.

A precious Water for dimnesse of Sight.

29 R. Roche Allome, and powder it small, and put it into a quantity of faire running Water, and let it stand an houre to dissolve; then put a little Brasse pot into the Earth to the brim, and cover it with a cleane linnen Cloth, and let the Water with Allome run through the Cloth into the pot; and then put to it a little quantity of Quicksilver (to a pinte of Water halfe an ounce) and alwaies keepe it covered; then put another little vessell on the top of the Cloth, and make in it a little easie fire with Coales for an houre; then put this Water in a Glasse, and put away the Quicksilver; and with this Water anoint the Eyes.

A Water for the Humour which falls into the Eyes.

30 R. Of red Rose water \bar{z} vi. white Wine \bar{z} vi. Eye-bright water \bar{z} vi. *Lapis Tutia* \bar{z} iii. Aloes Epaticke \bar{z} iii. fine white Sugar powdered \bar{z} iiii. put all these in a Glasse with a narrow mouth, and Sun them for one Moneth, and shake them once, or twice a day: make it in the hottest time of the yeare.

A Drinke to purge away Gravell breeding in the Kidnies.

31 R. Greene Parseley, white Saxifrage, Pairestone hearbe, Ashen leaves, *ana* m. i. Eringoe Rootes m. ii. sliced, and pound; beate all together in a Mortar, and boile them with sixe Gallons of Ale, or Beere wort, as Beere, and Ale is boiled; then worke it as Beere, and tunne it up in a vessell to draw out; and after it hath stood three, or foure dayes, drinke a pinte every Morning only; if it be too sharpe, sweeten it with Sugar.

A Water to be used in extremity of the Stone, when it stoppeth the Water.

32 R. The small River fish called a Gudgin, wash them cleane, and boile them in Water with Parseley, Harts tongue, browne Fennell, and Way-broad leaves, till they be all to pieces; then straine it upon a Table Napkin held between two men, rubbing it up, and down upon it till the Iuice be fully out; set the Liquor on the fire, and put therein a pennyworth of round Pepper, two pennyworth of Sugar, and a little sweet Butter; boile it againe very well, and give the Patient to drinke in extremity: or take a little thereof Mornings, and Evenings, if the body be subiect to Gravell.

A Water to destroy any Pearle, or Webb, or any Blood shotten in the Eyes.

33 R. Of Maidenhaire, Ground Ivy, *ana* m. i. Archangell flowers a quarter of a handfull, wash them, and swing them cleane from the water, and stampe them small, and straine them with a little strong Ale, and with

with a feather drop three, or foure drops into the Eye three times a day, at Morning, Evening, and Night.

A Water for the Stone.

34 R. Halfe a Gallon of Milke from the Cow, then take Saxifrage, Parfeley, Pellitary of the Wall, Mother-time, Greene Sage, Radish rootes *ana* m. i. steepe them over Night, and distill them in the Morning, and take hereof vi. spoonefulls, as much white Wine, and the third part of a Nutmeg roasted, and drinke it in the Morning fasting.

Doctor Stevens his Aqua composita.

35 R. A Gallon of Gascoignewine, Ginger, Galin-gale, Nutmegs, Cinamon, Cloves, Mace, and Graines, Aniseeds, Bennell seeds, and Carraway seeds, *ana* 3 i. Sage, red Mints, red Rose leaves, Tyme, Pellitary of Spaine, Rosemary, wilde Tyme, Camomill, Lavender, *ana* m. i. beate the Spices small, bruiſe the hearbes, letting them stand in the Wine twelve houres; then distill them in a Limbeck, and keepe the first Water by it self, which will be about a pint; then take the second Water, which is good, but not so good as the first.

This Water comforteth the Vitall spirits, and cureth inward diseases engendred of cold, and helpeth the Palsey, the Contraction of Sinewes; it maketh women apt for Conception, and killeth Wormes in the body; sendeth forth the Stone in the Bladder, cureth the cold Cough, and Toothache, and calefieth a cold Stomack; it is good against the Dropſie, Stone in the Kidnies, stinking Breath; and preserveth youth, and good colour very long if it be not used too often.

To procure Beauty, and cleanse the Face, or Hands.

36 R. Anolde Capon, pluck him, and take out his Garbage, and make him very cleane within with a dry Cloth, but wash him not; then fill the body full of the Juice, and Meate of Limons, then R. of Fennell m. i. Cloves nu. xii. bruised, Camphire \mathfrak{z} i. lay your Camphire in water till it be dissolved; then put one spoonfull of Water with all the rest into the Capon; then distil it in an Earthen distillatory, and you shall have a precious Water.

A red Water to cure Vlcers.

37 R. Of the Ashes of Ashewood, one Peck; a Gallon, and a halfe of water; make thereof a Gallon of Lie; put to it one Gallon of Tanowse not used with any Leather; one pound of Madder crumbled smal into the Tanowse; and roche Allome lib. ss. boile these to the halfe upon a soft fire; then let it run through a Canvass bag; and after you have washed the Sore therewith, wet a Cloth therein, and lay it upon the Sore; it both cleanseth, and healeth.

A Water to coole the Liver.

38 R. Savory, Endive, Borage, Sorrell ana m. i. Leekes, Violet leaves, Buglos, Liverwort, ana m. ss. boile all these in running Water to the consumption of halfe; then scum it, and straine; it then set it upon the fire againe, and boile it gently, and put thereto of Vinegar \mathfrak{z} ii. as much Sugar as will make it pleasant to drink; and keep it in a Violl for your use.

For sore Eyes.

39 R. Of *Lapis Calaminaris* the quantity of a Walnut, put it in the fire until it be red hot, then quench it in a little white, or Rhenish Wine, and so doe for seven times; then put it into a Marble mortar, and beate it exceeding small; then put the same into sixe, or eight spoonfulls of red Rose water in a small Glasse, and take a little piece of a Sponge tyed to a thred, and hang it in the Water, and when you would use it, shake it, that the thicknesse in the bottome of the Glasse may run unto the Sponge; then opening the Eye, drop therein a drop or two out of the Sponge; doe this two or three times a day, and it will ease the Sorenesse, and cure the Blood-shot.

*A Water for a Sore Mouth, to be made in May for
all the yeare.*

40 R. Vnsert Hyssope, Plantaine, Violet leaves, Cul-
lumbine leaves, Strawberry leaves, Cinkefoile leaves,
Woodbine leaves, red Rose leaves dried, ana m. i. a good
piece of roche Allome burnt, three spoonfulls of Hony,
a pottle of running Water; bruise all the hearbes, and
put them into the Water, and boile them in a Pipkin
from a Pottle to a Quart; then take blew Figs sliced in
the middle nu. ii. put them into the Pipkin, and cover
it with a Paper, and set it in the Sun foure, or five daies,
or more, and then straine it, and put it into a Glasse.

A Water for a bruised Eye.

41. R. The Iuice of Daisie rootes being cleane washed, and dried; the Iuice of Fennell, the white of an Egge well beaten *ana.* Rose water a little; temper all these together; then take a little Pledget of Flaxe wet therein, and lay on the Eye; but first drop a drop, or two of the Water into the Eye.

Another for dim Eyes.

42. R. Ground Ivy, }
 Celandine, } *ana* } Stampe them, and straine
 Daisies, } } them, and put thereto a
 drop a little into the Eyes with a Feather; It cureth Inflammations, Spots, Webs, Itch, Smarting, or any other grieffe in the Eyes.

To make Hydromell, or Honied Water.

43. R. Of Fountaine water lib. xv. fine Honey lib. i. mixe all in one pot, adding a little Fennell, and a handfull of Eyebright; tie all together with a thred, and put it into the pot, and let it seeth untill the third part of the Water be consumed; and in the seething, scumme it cleane.

To make a good Prisan.

44. R. A pot of Brasse, or Earth, and put therein a Gallon of faire water, and one handfull of Hyssop, and two spoonfulls of Honey; then take Licoras $\frac{3}{4}$ ff. and beate it well, and put it into the pot, and boile them all together

together a quarter of an houre; then straine it, and let it stand untill it be cold, and drinke thereof last when thou goest to bed, and it will Coole, and Moisten, and drive the Phlegme from thy Stomack, and profit thee very much.

A Water to heale any Sore Leg.

45 R. Running water one quart, Allome roche as much as an Egge; bay Salt a spoonfull, or somewhat more, if it be full of dead flesh, Wheate flowre to the quantity of an Egge; beate the white of an Egge, the Flowre, and bay Salt together, and put it into the Water as it boileth, with a branch of Rosemary, stirring it continually: In using this Water doe thus; three times in the day wet Clothes, and lay on the Wound, In the Morning wet them with the Water to loosen them from the Sore, and then dresse them, and so againe at Noone, and Night.

Water of Coperas.

46 R. Coperas, grinde it all to Powder, then put a little Water to it, and so let it stand a Day, and a Night; then straine it through a Cloth: this Water is good for sore Eyes, Canker in the Mouth, and *Noli me tangere*.

For the Spots of the Morpew, a Water.

47 R. Foure Egges, roste them hard, and put them all broken into a pinte pot to a pinte of Vinegar, and let it stand so three Dayes, and three Nights well stopped; and then cleanse it through a linnen Cloth, and wash the Spots therewith till they be away.

To take away the roote of the Morpew.

48 R. Of Fumetary m. viii. Borage, Scabious *ana* m. iiii. bray them together in a Mortar, and put thereto a Pottle of cleane Whey; then straine them, and set them on the fire till the scum rise, then take it off, and straine it, and then set them over the fire againe, and put thereto a good quantity of clarified Honey, and boile them well together as long as any scumme will rise: take hereof a good draught in a Morning.

An excellent Water to help Pimples in the Face, and it is good for sore Eyes, and Pearles in the Eyes, or any Ache in the Head, Shoulders, or Knees.

49 R. A pinte of white Wine, white Coperas $\frac{3}{4}$ ii. Allome $\frac{3}{4}$ ff. Camphire, and Brimstone *ana* $\frac{3}{4}$ ii. beate all these very small in a Mortar, and then put it into the Wine, and shake it all together halfe an houre, and let it stand two dayes before you use it; you may keepe it a whole yeare. When you Bathe any Ache with it, heat a little thereof in a Sawcer; and with a Cloth bathe the Member at the fire.

A Drinke against the small Poxe, or any Fever.

50 R. Of the herbe Scabious m. ff. Figs dry nu. vi. Licoras $\frac{3}{4}$ ff. slice them, and boile them in a pinte of Spring water to the consumption of halfe, then adde a penniworth of Saffron: hereof take three spoonfulls in the Morning warme.

*A Drinke against the Plague, Poxe, Measells, and
other infectious Diseases.*

51 R. Three pintes of Malmesey, and boile therein of Sage, and Rue *ana* m. i. till one pinte be wasted; then straine it, and set it on the fire againe, and put thereto one penniworth of long Pepper, halfe an ounce of Ginger, a quarter of an ounce of Nutmegs, all beaten together; let it boile a little, and then put to it foure penniworth of Treacle, and a quarter of a pinte of the best Angelica water.

Take every Morning and Evening halfe a spoonfull at a time for a preservative against infection; and if you be infected, take two spoonfulls, and sweat thereupon.

A pretious Water for the Stone.

52 In May take the hearbe called Ramfins, and distill it; put unto your Water the same proportion of white Wine, and distill them againe together.

A Water to make the Face, and Hands white.

53 R. The leaves of Nettles, dry them, and make thereof Powder, and put that Powder in Water, and boile it; and therewith wash your Face; and Hands: gather your Nettles in May before the Sun riseth, and you may keep them all the yeare.

A Water for Pimples, and heate in the Face.

54 R. A spoonfull of burnt Allome, put it into a Sawcerfull of white wine Vinegar, and stir it well together; and at Night when you goe to bed, dip a Cloth in it, and wet the Sore places. *A*

A Water to make the Stone slip, and to provoke Urine.

55 R. Halfe a pinte of white Wine, and boile it, and in the boiling put in half an ounce of castle Soape sliced thin; when it is dissolved, drinke thereof blood. warme.

For a Pearle, or Web, or Blood-shotten Eye.

56 R. Of Maidenhaire and ground Ivy m. i. Archangel flowers pu. i. wash them cleane, and swing them dry; then stamp them, and straine them with a little good Ale; and with a feather drop a drop, or two into the sore Eye thrice in a day: if the Eye be much Blood-shotten, take more of the Ivy.

A Water for an olde Sore.

57 R. Flint stones nu. iii. *vel* iiii. burne them to Lime, and flake them in Running water; then take Al-lome, and doe the like therewith; boile them two houres; then put thereto Bolearmenick, greene Coperas, Camphire *ana* q. s. boile them all one houre after they are dissolved, and then straine it, and put it up.

To make Aqua celestis, the Celestiall Water.

58 *Aqua celestis* is of two kindes; if you mingle with it as much of the Water called Mother of Balme, and distill it againe, you have the Treasure of all Medicines.

First, of the Vertues of these two Waters; the first Water is of such Vertue, that if you put it into a fresh Wound, it healeth it in foure, and twenty houres, so it
be

be not Mortall; and it healeth maligne Vlcers, Cankers, *Noli me tangere*, and olde Wounds within the space of fisteene dayes, if you wash it with the said Water every third day; and if you put a drop of it upon a Carbuncle, it mortifieth the malignity thereof shortly; also if you put of the same Water into the Eye that hath lost his sight, if not utterly, it shall be recovered within eight daies at the uttermost; and if a Man drink a drop of it with a little good Wine, it breaketh the Stone in the space of two houres in the Reines, or Bladder; it mollifieth hardened Sinewes, if you wash them therewith: This Water must be used from November to April, and but halfe a spoonfull at once, once a weeke.

It is thus made.

First, you must have a vessell of Glasse a Cubite high, or thereabouts, and fill it with *Aqua vitæ* made of good Wine, and see that it be well luted, and then cover it in Horse dung, or Doves dung, so that it be not too moist, nor too hot, lest the Glasse breake: leave the neck of the Glasse without in the aire; this will boile mightily; and so let it stand thirty daies; then draw out the Glasse, and put these things following into the Water, and stop the mouth close, and so leave it eight daies: lastly, put the Glasse in *Balneo Maria*, with Sand, setting on a head, with a receiver well luted, and make a slow fire, and gather the first Water, whiles it seemeth to drop downe cleare, but when it turneth red, then change the receiver, for this is the second Water, which you shall keep in a Glasse well stopped: The Spices to be put in are these, good Cinamon, Cloves, Ginger, Galingale, Nutmegs, Zedoary, long Pepper, and round, rootes of Citron, Spikenard, *Lignum Aloes*, Cubebs, Cardamomum, Calamus.

Calamus Aromaticus, Germander, S. Iohns wort, Ma-
ces, white Frankincense, round Turmentill, Hermoda-
cills, the pithe of white Wallwort, Iuniper, Laurell
berries, the seed of Mugwort, Smallage, Fennell, Anise,
flowers of Basile, Rosemary, Sage leaves, Margerome,
Mints, Penniroyall, Sticados, flowers of Elder, red Ro-
ses, and white, Rue, Scabious, Lunary, Centaury the
lesser, Egrimony, Fumitary, Pimpernell, Dandelion,
Eufrage, Maidenhaire, Endive, seeds of Sorrell, yellow
Sanders, Aloes Epatick, *ana* ℥ ii. Ambrosine, fine Rubarb,
ana ℥ ii. dry Figs, Raisons, Dates without stones, sweete
Almonds, Pine kernels, *ana* ℥ i. Aquavitæ made with
good Wine to the quantity of them all, and foure times
as much Sugar as they be all, of white Honey lib. ii. then
put to the underwritten Rootes, of Gentian, flowers of
Rosemary, Nigella that growes in the Corne, Bryony,
roote of the hearbe called *Panis Porcinus* Hogs bread,
seed of Wormwood *ana* ℥ ss. before you distill the Wa-
ter you must quench in it a hot plate of Gold often-
times, and put to it Orientall pearles, which must lye
covered with Water, else they lose their colour; and so
distill it.

Cataplasmes.



Cataplasmes, or Poultisses.

CHAP. XXXVII.

*An excellent Cataplasme for any Swelling, Apostume,
rankling Wound, or broken Bone.*

R. Of new Milke one pinte, see the in it, untill it be thicke, the crums of fine white bread; then take it from the fire, and put into it the white of an Egge, and one spoonfull of Sallet Oyle first well beaten together, and stir it well, and lay it to the place as hot as can be suffered: it will serve twice.

A Poultis for a sore Breast.

2 R. Of Neats foot Oyle pi. i. of Marigold leaves m. i. make it thicke with wheaten Bread, and put into it a little Saffron, and boile it to a Poultis.

A Poultis for a sore Throat.

3 R. A Swallowes nest, and boile it in Water to a Poultis, and binde it to the Neck, and Throate as hot as you can.

A Poultis for any Swelling that comes of a hot cause.

4 R. A Lapfull of wilde Mallowes; boile them in running Water untill they be tender, then swing them in a Cloth, and chop them small; then take a penniworth of sweete Butter, and the crums of Manchet, and put the Mallowes, and all, into a quart of Milke, and boile it untill it be thicke, and lay it to the grieve as hot as can be suffred.

A Poultis to be applyed to the bottome of the Belly to breake Winde, and move Vrine.

5 R. Figs, and the herbe Grownfell, ana m. i. boile them in running Water to a Poultis.

Another for the same.

6 R. The dung of a Ston'd horse boiled in white Wine to a Poultis, and applyed to the bottome of the Belly.

Another.

7 R. Hemlock, boile it in a sufficient quantity of fresh Butter, and lay it to the Belly.

A Poultis for the Sciatica.

8 R. Of Time m. iiii. boile it in a sufficient quantity of white Wine, unto the thicknesse of a Cataplasme, and apply it hot.

A Cataplasme to suppurate a cold Tumour.

9 R. Of the roote of marsh Mallows, and Lillies, *ana* $\frac{3}{4}$ iiii. the roote of Bryony, and wilde Cucumer *ana* $\frac{3}{4}$ iii. Oyle of Lillies lib. ss. Oyle of Costus $\frac{3}{4}$ iiii. Wine $\frac{3}{4}$ ii. boile them untill the Wine be consumed, and after it is strained, adde thereto Meale of Linseed, and Fenugreek *ana* $\frac{3}{4}$ ii. Leaven $\frac{3}{4}$ i. ss. Duckes, and Goose grease *ana* $\frac{3}{4}$ iii. mixe them to the forme of a Cataplasme.

A Cataplasme to assuage Paine, and suppurate Tumours.

10 R. Of the leaves of Mallows m. ii. Groundsell m. i. binde them in a linnen Cloth, and boile them in Veale broth till they be tender; then stamp them very small, and adde thereto of new Creame lib. ss. crums of white Bread $\frac{3}{4}$ vii. Sheepes suet shred small lib. ss. Oyle of Roses $\frac{3}{4}$ iiii. boile them untill they be thicke, and in the cooling, adde thereto the whites of two Egges.

A Poultis for a Plagne Sore, or Carbuncle.

11 R. Of Lillie rootes $\frac{3}{4}$ ii. Mallows, Marshmallows, Violets *ana* m. i. Meale of Linseed, Barley, and Wheate meale *ana* $\frac{3}{4}$ i. two dry Figs of equall bignesse, flowers of Camomill, and Violets *ana* p. i. Elder flowers $\frac{3}{4}$ ss. boile them, and straine them through a Cloth, and adde thereto Sowes grease, Hens grease, and Calves suet *ana* $\frac{3}{4}$ i. ss. Oyle of sweete Almonds, or Lillies *ana* $\frac{3}{4}$ iii. Saffron $\frac{3}{4}$ ss. make a Poultis.

A Cataplasme for the Shingles, to be applyed cold.

12 R. Of fresh Doves dung q. ss. mingle it with wheat Bran, and apply it as a Poultris, and cover it with a Colewort leafe for three daies, and it cureth.

A Cataplasme for a Wrench, or Straine.

13 R. Of Brookelime, Parsely, Groundsell *ana* q. ss. Sheepes suet as much as shall suffice for your herbes, chop them small together, and boile them in Vrine, and so hot apply them upon a blew Cloth.

A Cataplasme for the Kings Evil, or the Tumour called Scrophula.

14 R. Of Weybroad, called also Ribwort, Plantain, Woodbine, Shepherds purse, Betony, wilde Camomill, Scabious, Nightshade, Egrimony, *ana* m. iiii. beate them together in a Mortar, and straine out the Iuice; take as much Honey as of those Iuices, also as much Iuice of Parfeley as of all the rest; and againe, as much Honey as of that: boile all together, and put into it as much Barley branne as will make it into the forme of a Poultris.

A Cataplasme to stay Flux of Blood in any part.

15 R. Frankincense, Aloes, Dragons blood, Bolearmen *ana*. equall parts; mingle them with the white of an Egge, and the haire of the Belly of an old Hare a little shred: apply it.

A Cataplasme for a sore Breast.

16 R. Frankincense, and mixe it with Fullers Earth, and Oyle of Roses, and apply it; for it helpeth the hardnesse, and Inflammation of them, after the women are delivered of Childe.

A Poultis for a sore Breast.

17 R. Turnips nu. iii. or iiii. pare them pretty thick, and boile the parings in new Milke, and make a Poultis, and lay to the breast hot; use this, and it will cure it.

A good Poultis for an Impostume, or any sudden Swelling in any part of the Body. Also for a sore Breast.

18 R. Of French Barley a pinte, beate it fine, put to it halfe so much Linseed beaten fine; then take a handfull of Mallowes shred small; and put all these into a quart of new Milke, and see the them till it be thick; then spread it on a linnen Cloth, and lay it to hot as may be suffered, and let it lie foure and twenty houres.

A Poultis for the Palsey.

19 R. A great Onyon, core it, and fill the hole with Oyle Olive, and Lavender small minced, and set the Onyon on the fire untill it be soft, and tender; then lay it as hot as may be suffered to the top of the head.



Balmes.

CHAP. XXXVIII.

An excellent black Balme to agglutinate Wounds.

R. Mummy ʒ iii. Aloes Epatick ʒ ii. Ship pitch ʒ ff. Sarcocoll, Gum of Ivy tree, Mastick, *ana* ʒ i. powder those which are to be powdered subtilly, and mixe them with twelve ounces of Aqua vitæ prepared for Wounds; let them boile in a Glasse vessell in *Balneo Maria* three daies : which done, adde thereto Oyle of Turpentine ʒ ix. Banisters Balsame distilled ʒ iiiii. then boile them againe untill the Aqua vitæ be wasted, and reserve it to your use.

Banisters Balsame is thus made.

2 R. Of the clearest Turpentine lib.viii.black Wine lib. ii. Iuice of Comfry lib. ff. Quinces quartered nu.x. wilde Prunell lib. ff. Comfrey rootes ʒ iiiii. Gum Ammoniack ʒ ii. Olibanum ʒ i. Gum Elemi ʒ i. ff. Mastick, Sarcocoll *ana* ʒ ii. Aloes Epatick, Myrrhe, Mummie, *ana* ʒ ii. ff. Cinamon ʒ i. ff. *Cassia ligna* ʒ ii. Dragons blood ʒ i. ff. Bolearmen. ʒ i. ʒ vi. Pomegranate Pills ʒ vi. flowers of Pomegranate ʒ ii. Hypocistis, red Sanders, *ana* ʒ i. ff. Nutmegs, Cypressse Nuts *ana* ʒ iii. Myrtles ʒ ff. powder those that are to be powdered, and steep them in *Balneo Maria* two daies; and then distill them.

A good Balme against contraction and stiffenesse of members, the water whereof cleareth the Eye-sight.

3 R. Of common Oyle lib. iii. Turpentine lib. i. Gum of the Carobe tree ʒ vi. Mastick, Myrrhe, Olibanum, Sarcocoll *ana* ʒ ii. salt Nitre ʒ ii. ff Aqua vitæ lib. i. powder those that are to be powdered, and distill them with a gentle fire, and receive the Water with a thin Oyle swimming aloft, which separate apart by it selfe; but the thickest Oyle in the bottome separate by straining, which is the Balme.

An excellent Balme of Earth wormes for the speedy curing of all manner of Wounds, especially those of the Ioynts, Sinews, and Tendons, and about the head: it cureth prickes according to the first intention, and is good for Palsies, Cramps, Lame-nesse, or Numnesse, and such like.

4 R. Oyle of Turpentine lib. v. long Earthwormes prepared lib. ii. ff. Myrrhe ʒ ii. ff. Mastick, Sarcocoll, Olibanum ʒ iii. Galbanum, Gumme Ammoniack *ana* ʒ i. Bdellium ʒ ii. Gumme Elemi ʒ iii. Cloves ʒ iii. common Oyle lib. ii. Oyle of Wormes lib. i. of the purest Turpentine lib. i. put Oyle together, except the Oyle of Wormes, and common Oyle, into the Oyle of Turpentine, the Gummes being first finely minced, and the rest powdered, and so let them stand thirty dayes; then poure out by it selfe the clearest part, but the thicker part with all the grounds put into your boiling vessel, together with a pinte of Malmesey, or Sacke, and the Oyle of Wormes, and common Oyle; boyle these together the space of three houres, continually stirring it that it grow not to the bottome; then when the thick parts

parts swim above, take it off the fire, and put into it the Oyle of Turpentine that before was cleared from it, lastly straine it purely.

Vesalius his Balsame.

5 R. Of the best Turpentine lib. i. Oyle of Bay \mathfrak{z} iiiii. Galbanum \mathfrak{z} iii. Gumme Elemi \mathfrak{z} iiiii. fl. Frankincense, Myrthe, Gumme of Iop. great Centory, wood of Aloes *ana* \mathfrak{z} iii. Galingale, Cloves, Comfrey, Cinamon, Nutmegs, Zedoary, Ginger, white Ditanie *ana* \mathfrak{z} i. Oyle of Earth-wormes \mathfrak{z} ii. Aqua vitæ lib. vi. beate all these small, and infuse them three daies in Aqua vitæ; then distill them in a Retort of such largeness, that three parts thereof may remaine empty; then place the Retort in an earthen Pan filled with sifted Ashes, and set it upon the Fornace, and to the neck thereof fit, and closely lute a Receiver: Lastly, kindle under it a soft fire at the first; from hence will flow three Liquors, the first waterish, and cleare, the other thinne, and of a pure golden colour, the third of the colour of a Carbuncle, which is the true Balsame; the first Liquor cuts flegme, and discusses Flatulencies, is good against the weakness of the Stomack comming of a cold cause; the second helps hot, and fresh bleeding Wounds; the third is chiefly effectuall against these same affects.

Fallopious his Balsame.

6 R. Of cleere Turpentine lib. ii. Linseed Oyle, lib. i. Rosin of the Pine, $\frac{3}{4}$ vi. Frankincense, Myrrhe, Aloes, Masticke, Sarcocoll, Mace, Wood of Aloes *ana.* $\frac{3}{4}$ ii. Saffron $\frac{3}{4}$ fl. let them be put in a Glasse retort, set in Ashes, and so distilled; there will come forth a cleere Water, and presently after a reddish Oyle, most profitable for Wounds.

A very good Balme.

7 R. Of Turpentine lib. i. fl. Galbanum $\frac{3}{4}$ ii. Aloes Cicatrine, Masticke, Cloves, Galingale, Cinamon, Nutmegs, Cubeb, *ana.* $\frac{3}{4}$ i. Gumme of Iop $\frac{3}{4}$ fl. beat them all, and mixe them together, and distill them in a Glasse with a slow fire first, and receive the first Water severally by it selfe; then encrease the fire, and you shall have a Water more reddish; then encrease your fire, and you shall have a red Oyle: your Receiver must be thrice changed.

This Oyle hath all the vertues of true Balme, for it burneth in the Water, and curdeth Milke; the first Liquor is called the Water of Balme, the second, Oyle of Balme, the third, Balme Artificiall; the first is good against the running of the Eares, if two drops Morning and Evening be put into them; dropt into the Eyes, it helpeth the Blearednesse, and consumeth the Teares; it is good to wash the mouth against the Toothache, and Wormes in the Teeth: the third Liquor is good against Venome and poyson, if two, or three drops be laid upon it; and if you inclose any venemous thing within a Circle made herewith, the Creature will rather die, then

come out: it is good against Impostumes, Fistulaes, and *Noli me tangere*, and all cold Flegmaticke humours, if a cloth be wet therein, and laid upon it, it availeth against the Palsey, and trembling of the Members.



Bathes.

CHAP. XXXIX.

A Bathe for a Rupture.

R. Of the Barke and Flowers of Pomegranates, Cups of Acornes, Shumac, *ana.* \mathfrak{z} i. Larkes spurre, Comfry *ana.* m. i. Hypocistis, Galls, Allom, *ana.* \mathfrak{z} ii. Roses, Camomill, anise, *ana.* p. ii. boyle them in equall portions of Red Wine, and Smithes Water, with the Decoction Bathe the place affected.

A Bathe for Diseases in the Legs, called Malum mortuum.

2 **R.** Of sowre Sorrell, of Fumetary, *ana.* m. ii. nip, m. i. Barley Branne, Lupines, *ana.* m. i. ff. Violets, Malloves, *ana.* m. ff. white and black Elebor, *ana.* \mathfrak{z} i. ff. Hony, \mathfrak{z} ii. let them boyle in a sufficient quantity of Water, till the third part be consumed.

A Bathe for the Stone.

3 R. Of Hyssop, Mallowes, Parseley, Pellitory of the Wall, *ana.* m. i. Linseed, $\frac{3}{4}$ fl. Saxifrage, m. i. put them in a cloth, and boyle them in a sufficient quantity of Water, and make a Bathe.

A Bathe for a Consumption.

4 R. Of new Calves Heads, nu. vi. with the Gathers, and Feet, as many Sheepes Heads, all as well dressed as if they were to be eaten, boyle them in Water, in a great Vessell, or for need in two, and make a Bath, which let the Sicke use every other day at Evening, and Morning an houre at a time: thus use it every time fresh, for nine times together.

A Bath for the retention of Womens Visits.

5 R. Of Mallowes, halfe a Pecke, as much Plantaine, as much of Elder leaves, Mugwort, and Motherwort, *ana.* m. iiii. Wormwood, Rue, Featherfew, *ana.* m. ii. Camomill, halfe a Pecke, as much Red Sage, boyle them in Water untill they be soft, then put to it Bayberries $\frac{3}{4}$ ii. Cominseeds $\frac{3}{4}$ ii. make a Bath, wherein let the Patient sit up to the Pappes.

A Bathe to soften and mollifie the Skinne.

6 R. The Rootes of white Lillies, and Marshmallowes, *ana.* lib. ii. Mallowes, Pellitory of the Wall, Violets, *ana.* m. fl. Linseed, Fenugreeke, Marshmallowes, *ana.* lib. i. Flowers of Camomill, Melilot, and anise, *ana.*

p.vi. boyle them in a sufficient quantity of Water, after adde Oyle of Lillies and Flaxe, *ana.* lib. ii. make hereof a Bath, that the Sicke may swimme therein a good while.

You may see the Figure of your Bathing Tub in Parreye's Chirurgery, with the double Perforated Bottoime, to which I referre you.

Observations for those that Bathe.

7. It is not good to use Bathing too often, for it offendeth the Heart, causeth Syncope, taketh away the Appetite, looseth the Ioynts, resolveth the Spirits, and moveth the Humours. After what manner soever your Bathes be made, they must alwayes be warme; for warm Water humectts, and molifies the solid parts, if at any time they be too dry, or hard: it is good against Sunburning and Wearinesse, also if we finde our selves too hot, or too cold, or loathing of Meates, we find great profit in Bathes made of sweet warme Water. Herein we usually adde Oyle, because Water alone will not so long adhere to the Body: they are good in Hecticke Feavers, and in the declension of all Feavers, and against yawning and talking idly, for they procure sleepe; against inflammation of the Lungs and Sides, for they mitigate paine. For Bathes we chuse Raine Water, rather then River Water, so it be not muddy, and then Fountaine, the Water of Lakes, and Pannes, is not to be used. First, you must fill your Vessell with your Decoction, warme, almost full, and so let the Sicke goe into it, in the Morning fasting, or sixe houres after Meate: cover the Tub close with a Coverlet, or Blanket, all but the Patients Head, that he may take breath. For the
time.

time of the yeare, chuse the Spring, and latter end of Summer, a cleare warme day, a close quiet roome, and warme. Whiles the Patient is in the Bathe, he must abstaine from all meate, unlesse (to comfort his heart, and keepe him from fainting) he take a litle sop in Wine, or the Iuyce of an Orenge, or a stewed Pruine, or the like, to quench his thirst: The strength of the Patient will shew how long he may stay in the Bathe, for he must not stay in to the resolution of his powers; coming out of the Bathe, he must be taken up in a cleane warme Sheet, and so laid in a warme bed, and cloathes enough upon him, to make him sweat easily: after hee hath sweat so long as he can well endure, take the Sheet from him, and dry him well with warme Napkins, chiefly his Head, under his Armes, Breast, and Root of his Thighes; then let him rest in his Bed an houre, or two; and when he is well refreshed, give him a cleane Shirt, that is dry, and warme, and let him rise, and walke, but let the Chamber be kept very warme; then let him feed upon meates of good iuyce, and digestion; after Bathe use not Venery: for Bathing use such Hearbs as are most convenient for the Disease, the Patient is affected with: the Ordinary sort of Hearbes, which are used in the Spring, are these; Mallowes, Marshmallowes, Violets, Pellitory of the Wall, Fumetary, Angelica, Roses, Betony, Fennell, Barefoote, Dragon, Plantaine, Buglosse, Agrimony, Harts-tongue, which are sodden in Water, and made into a Bathe: after the Bathe dry well the Head, and eate not of two houres after.

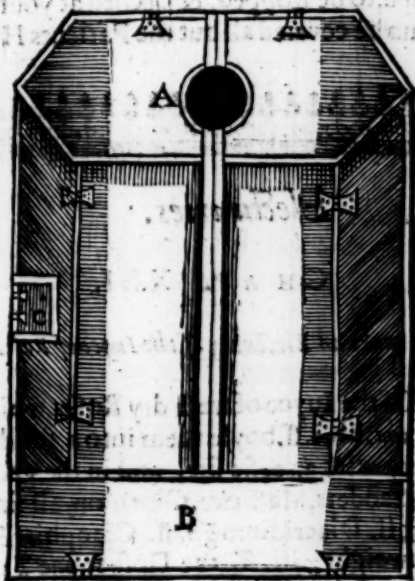


CHAP. XL.

Of Stoves and Hot-houses.

SToves are either dry or moist; dry by making a fire underneath, or moist, by causing a moist Vapour or heate from some decoction of Leaves, Hearbes, Flowers, or Seedes, in Water, or Wine, or both together: the dry Stoves are used in many places in London, by making a cleare fire underneath, that presently heates all the roome, by reason of a vaulted Furnace, wherein the fire playes; of this kinde every one may make himsele one, as he shall judge best, and fittest: the most necessary for private uses, I shall delineate to you in this Figure following.

The Figure of a Stove to sweat in, with a hole to put out the Head, and a drawing Boxe underneath to put in Coales, or a hot Wedge of iron; it must have a seat within for the Patient to sit on; so high that his feet touch not below for feare of burning.



A, shewes the hole in the top, *B*, the dore to shut in the Drawer with Coales, and *C*, shewes the little doore, whereat to give the Patient warme Clothes to dry off the Sweat.

The moist Stoves are made in an ordinary Bathing Tub, by putting the decoction into a Pot, and setting it over the fire well luted, with a Pipe that shall come in to the Bathing-tub, standing neere thereto; which Tub must have a double bottome, the uppermost being full of holes, whereupon the Patient sitting, may receive the Sudorifick Vapour, now that the heat may be mitigated,

ted, when it is too hot, you must have a hole in the top of your Pipe, to be stopped, & opened at your pleasure: Let the Tub be covered all but the Patients Head.



Electuaries.

CHAP. XLI.

To make an Electuary of the Iuyce of Roses.

R. Of the Iuyce of fresh dry Roses, white Sugar, *ana.* lib. i. ff. boyle them into a solid Electuary with an easie fire, and in the end sprinkle powdered Sanders, Masticke, Cinamon, all finely powdered *ana.* ʒ ii. Diacridium ʒ i. ff. Camphire, ʒ ff. make Tablets in weight ʒ iii. ff. the Dose is one Tablet, the whole composition is ʒxxii. the Doses be about 70. It doth draw Choler very strongly, and also thinne, and watrish humours; very good for those that have the Gout, if they have not a vehement Ague withall.

To make Diaphanicon.

2 R. Of the Pulpe of Dates, cleansed, boyled in Hydromell, and fined in a Sive, fresh Penids, *ana.* lib. ff. blancht Almonds, ʒ iii. ff. when they be bruised, and mingled all together, put into them clarified Hony, lib. ii. boyle them a little, and then sprinkle Ginger, Pepper, Mace, Cinamon, Leaves of dry Rue, Fennell seed, and seed of wilde Carrets, *ana.* ʒ ii. Turbith finely beat, ʒ iii.

\mathfrak{z} iiii. Diacridium \mathfrak{z} iiii. \mathfrak{ss} . the Dose is from \mathfrak{z} iii. to \mathfrak{z} \mathfrak{ss} . the whole composition is about lib. iiii. the Doses about 120. This Electuary doth mildly purge Choler, Crude and slimie Flegme, agreeable and convenient in continuall Agues, and Diseases arising of Crudity, and also for the Cholicke.

To make the Electuary called Benedi&ta.

3 R. Of Turbith \mathfrak{z} x. Diacridium, Hermodactills red Roses, *ana* \mathfrak{z} v. Cloves, Ginger, Saxifrage, Parseley, feed, Salt Gemme, Galingall, Mace, Carrawayes, Fennell-feed, Sparagus-feed, and Seed of Kneeholme, or wilde Myrre, Millet, the four great cold seeds, Licoras, *ana* \mathfrak{z} i. of the best clarified Honey lib. i. make it up according to Art; the Dose is from \mathfrak{z} iii. to \mathfrak{z} \mathfrak{ss} ; the whole composition is almost lib. ii. the Doses be about 50. It draweth forth Phlegmaticke Humours, it purgeth the Rheines, and expelleth the Stone, and Gravell.

To make the Electuary called Confectio Hamech.

4 R. The Barke of yellow Mirabolanes, \mathfrak{z} ii. little Onions, black Violets, Coloquintida, Polipody of the Oake, *ana* \mathfrak{z} i. \mathfrak{ss} . Woormewood, Thyme, *ana* \mathfrak{z} \mathfrak{ss} . Aniseed, Fennell seed, red Roses, *ana* \mathfrak{z} iii. bruise them all, and soake them in Whey, lib. ii. then boyle them to a pound, rub them in your hand, and wring them: to the strained deco&tion, adde the juyce of Fumetary, the Pulpe of Pruines, and Raisins, *ana* lib. \mathfrak{ss} . white Sugar, clarified Honey, *ana* lib. i. boyle them to the thicknesse of Honey, sprinkling in the end, Agaricke, and Sene beaten fine, *ana* \mathfrak{z} ii. Rubarb beaten. \mathfrak{z} i. \mathfrak{ss} . Dodder that groweth upon Thyme, \mathfrak{z} i. Diacridium \mathfrak{z} vi. Cinamon, \mathfrak{z} \mathfrak{ss} .

℥ ii. Ginger ℥ ii, Seed of Fumetary and Anise, Spike-
nard, *ana.* ℥ i. the Dose is from ℥ iii. to halfe an ounce,
the whole composition is lib. iii. and ℥ viii. the Doses
be about 80. This Ele&uary purgeth Melancholy,
and other humours adust, and is good against Madnesse,
Melancholy, Giddinesse, Forgetfulnesse, and all faults
of the Skinne, as Scabbes, Morphew, Canker, Tetter,
and Elephantiasis.

To make an Ele&uary called Hiera Simplex.

5 R. Cinamon, Mace, Asarabacca, Spikenard, Saf-
fron, Masticke, *ana.* ℥ vi. Aloes unwashed ℥ 160, or lib. i.
℥. the best clarified Honey, lib. iiiii. the Powder alone
is ministred from ℥ ii. to ℥ iii. but being taken in Ho-
ney from ℥ i. to ℥ i. ℥. It is more comfortable then
purging; it purgeth Choler, and Phlegme from the sto-
macke and Intrailes; it doth mildely helpe all Diseases
proceeding of Crudity, and also the Palenesse of the
Face.

An Ele&uary for a Cough, or Cold.

6 R. Of Germander, Hyssop, Horehound, Maiden-
haire, Agrimony, Betony, Liverwort, and Harts-tongue
ana. m. i. boyle them in nine pints of water, to the con-
sumption of sixe, then let it coole, and straine it: to this
deco&tion put of clarified Honey, lib. ℥. fine Powder
of Licoras ℥ v. Enulacampana roote powdered ℥ iii.
boyle them to the thicknesse of an Ele&uary; take of
this at any time, but especially in the morning fasting,
and at night when you goe to bed, or two houres after
Supper, the quantity of a Nutmeg.

*The Electuary of an Egge, commonly called, Ele&uvarium
made ovo against the Plague.*

7 R. A new laid Hennes Egge, make a little hole in the least end of it, no bigger then need shall require, to get out the White from the Yolke, which doe as cleane as cleane as may be; and if the Yolke come out, put it in againe, then with a little sticke of wood ram the Egge as full of the best English Saffron as may be, then cover the hole with the top of another Egge-shell, and a litle white of an Egge, so as nothing may breathe forth; lay the Egge in an Oven, when the Bread is newly drawne, lay it upon a Potsheard, or such like, to keepe the shell from burning; stop the oven close, and let it lie untill the shell be browne, and that the Saffron and Yolke be sowell dried, as you may beat it to fine Powder. first pill off the shell and cut the substance into two parts, long wayes, and if any part within it be not well dried, you may dry it on a Chafingdish & coals in a pewter dish untill it be well; Then beat the said substance to fine Powder, weigh it, and put therto as much white Mustard seed finely beaten, as the Egge doth weigh, Then take the roots of white Ditanie, and Turmentill, 3 ii. the Powder of Myrrhe, Harts-horne, *Nux-vomica ana*, 3 i. the Powder of the rootes of Angelica, wilde Burnet, Iuniperberries, Setwall, and Camphire, *ana*. 3. ss. mixe these all together; being finely beaten, weigh them all together, and put them in a good large Iron or Stone Morter, with as much of the purest and best Triacle Andromecha, as all the said things doe weigh; then worke and bray them together a good while, then put into your Mortar, to all the said things, of the best and purest Honey clarified that you can get, in this

proportion; if your Egge weighed an Ounce, then one pound of Honey at the least, more, or lesse according to the proportion of your Egge; or you may put as much Honey as all the said things doe weigh, and bray and stirre all those things together, for three houres at the least, by a good Houreglasse. Your Electuary being thus made, put it into a Glasse, or Gally pot, close stopp'd: set it not where heat, or Sunne commeth to it, and it will last thirty yeeres.

Give it to the Patient infected, the quantity of a reasonable Walnut at the most, and to a childe lesse, as you shall thinke meet; give it luke warme, in Dragon, or Cardus water distilled; for want of these, in white Wine: if the infected brooke it not thus, then in Sacke; if he cast it, give it him again in Sack, and if he brook it not then, the third time; if then he cast it, then God have mercy upon him, few scape unlesse they brooke it, and presently breake out in Sores: and if he brooke it, give him no more that night, but the next day, if need require, give him halfe the said quantity, as if the Sore be coming, and doth not readily come forth; let not the sicke drinke for two houres after: let those that goe to the infected, take as much as a little Hasell Nut, and let him, if he can, drinke once in a weeke, a good quantity of white Wine and Sallet Oyle: aire Houses, and Cloathes with Frankincense. This is also good for such as are taken with some sudden fit, being taken as last before.

An Electuary to purge Melancholy.

8. R. Of Rubarbe ʒ ii. Agaricke, ʒ iii. Caraway seedes, and Coriander prepared, ʒ ii. Cummin prepared, ʒ i. Aniseedes, ʒ i. London Treacle, ʒ i. Sene ʒ i. Muske

Muske, gr. ff. Ambergreece, gr. i. Cinamon, ʒ ii. Mirabolans Cebuli, Mirabolans Embici, ana ʒ i. Ginger, ʒ i. Nutmegs, ʒ ii. Mace, ʒ ii. Diacridium, ʒ ii. Powder Sugar, and Rosewater, as much as will serve to make a Sirrup to compound these Powders into the forme of an Ele&uary.

An Ele&uary for the Pitsicke.

9 R. The roote of Enula Campana, in May drie it, and beat it small; and put it in Vinegar untill it be soft, then dry it againe, and when it is dry, boyle it to an Ele&uary with pure Honey, and keepe it in a boxe, to eate now and then the quantity of a Hascell Nut.



Sirrups.

CHAP. XLII.

To make a most excellent Sirrup of Damaske Roses, made by that worthy and famous Doctor Andreas de Languina, a Spaniard, and commonly used by the Princes of Spaine, Germany, Italy, and France, and by the best learned men in those Countries.

R. Of Damaske Roses gathered in the dew; if it be possible, lib. vi. cut away all the white in the bottome; then boyle of faire Spring water, in a well glased pot with a narrow mouth, lib. xviii. and being sodden a little, put in your Roses, and stop them close the space of fixe houres; then with your hands

hands being cleane, wring the Water from the Roses; and then seeth the same water againe, and put in as many fresh Roses as you did before, and thus doe nine times, till the Water be of the colour of the Roses, and the very taste and savour of them: then take of that Decoction, lib. vi. thus prepared, and to it put of the finest Sugar lib. iiii. and make thereof a Sirrup according to Art, of which Sirrup you may give to a strong nature, the quantity of $\text{ʒ} \text{v}$. mixed with the Broth of a Henne sodden without Salt, or else with Buglos Water; this Sirrup purgeth without offending of the Stomacke, with great gentlenesse, better then either Rubarbe, or Manna; it will give twelve or fourteene stooles at a time of a very filthy humour, whereby it eases all the heauey paines and loathsomnesse of the joynts, and of the head, and of the whole body, and is the most pretious, and wholesomest purge of all, for it comforteth the stomacke, refresheth the Liver and Heart, and taketh away from them their superfluous humours. When you have done as aforesaid, you must clarifie it with the white of an Egge in this order; let it boyle softly on the fire, and then beat the whites of two or three Egges till they foame, and put into the pot a spoonefull; and as the skumme doth rise, skumme it off a good pace, till you have used all your Egges, and no more skumme will rise; when you have done all to the putting in of your Sugar, you must see that your Panne or Pot be very cleane, and let it seeth, then put in your Egges, as before, and let it seeth untill it be thicke.

To make Sirrup of Vinegar simple.

2 R. Of pure Spring water lib. iiii. of white Sugar lib. v. boyle them untill they cast up a foame, and halfe

halfe the Water be consumed; then put to it of white Wine Vinegar lib. iii. and boyle them againe untill they come to a Sirrup. This Sirrup is common to all humours, and doth prepare them; it digesteth Choler, Phlegme, and Melancholy, and doth attenuate grosse humours, by reason of the Vinegar; it mitigateth the heate of Choler, and asswageth the burning of Agues, and Thirst, and scoureth the passages of the Body that are stopped; it provokes Vrine, is an enemy to corruption, and penetrates into all the parts of the Body, and also after a Purgation, it provoketh sweat, and corrects the malice of all humours.

To make Sirrup of Vinegar compound.

3 The Sirrup of Vinegar compound is made by boyling Hearbes, Rootes, or Seedes in Water, and of the Decoction to make a Sirrup with Vinegar, and Sugar; the Hearbes, or Seedes, ought to be such as are fittest to prepare the humour you intend to purge.

To make Catholicum simplex.

4 R. Of the rootes of Enula Campana, Buglosse, Cichorie, or wilde Endive, Marshmallowes, Polipodie of the Oake, seed of Bastard Saffron, all beaten *ana* ʒii. Hyssop, Stachados, Bawme, Agrimony, Mugwort, Betony, Scolopendria, or Stoneferne, *ana* m.ii. Raisins stoned ʒiii. of the foure great cold Seedes, Aniseedes, Licoras, *ana* ʒiii. boyle all these according to Art, in lib. x. of Hydromell (which is xv. lib. of water, boyled with lib. i. of Honey skummed cleane as it boyles) till three pounds be consumed, then straine the Decoction, and macerate therein the space of xii. houres, the
cleansed

cleansed leaves of Sene beaten ℥ iiii. the Sirrup of the infusion of pale Roses, lib. i. of the best clarified Honey, lib. ii. boile them with an easie fire unto the thicknesse of Honey, putting into it last of all, of the best Rubarbe, and purest Cinamon, *ana.* ℥ i. yellow Sanders, ℥ i. Nutmegs ℥ ii. the Dose is ℥ i. the whole composition is lib. iiii. the Doses be about 50. This doth purge all humours gently from all parts of the Body, and may be given to women with childe, old folke, or children, either with an Ague, or without.

To make Catholicum Majus.

4 R. Of the foure great cold Seedes cleansed, of white Poppy seed, *ana.* ℥ i. Gumme Dragant, ℥ iii. red Roses, Yellow Sanders. Cinamon, *ana.* ℥ ii. Ginger, ℥ i. of the best and choicest Rubarbe, Diacridium, *ana.* ℥ ss. Agaricke, Turbith, *ana.* ℥ ii. white Sugar dissolved in Rose water, in the which ℥ ii. of the leaves of Sene have beene incocted lib. i. let Tables be compounded of weight ℥ iii. the Dose is one Table, the whole composition is lib. i. ss. the Doses be about 50. It gathereth humours from all places of the Body more forcibly, without disturbance of the body or strength.

To make a Sirrup of white Roses by infusion.

6 R. Of the Water of infusion of white Roses, lib. v. clarified Sugar lib. iiii. boyle them with a lent fire, to the thicknesse of a Sirrup; soake lib. ii. of Fresh white Roses in lib. vi. of warme water twelve houres covered; instead of these put in other fresh Roses; then wring those out, and put in other fresh Roses, nine or tenne times, untill the water have the strength of the Roses, in which

which the Sugar must be dissolved. This Sirrup draweth from the Entrailes thinne Choler, and waterish humors, to be given to children and old folkes, and those that are sicke.

Sirrup of the Iuyce of Lemmons.

7 The Sirrup of the juyce of Lemmons, of Citrons, of Oranges, of unripe Grapes, of Pomegranates, of Sorrell, of Ribes, or red Gooseberries, the order of making them is all alike; for the juyce of every one of them must be purged by running through a Woollen Strainer, freely without compulsion, and to every vii. lib. of Iuyce, adde of good white Sugar lib. 5. and boile them in a Tinne Vessell on a soft fire to a Sirrup. The Sirrup of the Iuyce of Lemmons doth assuage heate and thirst, and restraineth corruption in Feavers; it defendeth the Stomacke, Heart, and Noble parts; it purgeth the Kidneyes, and provoketh Urine: Sirrup of Citrons doth the like: the Sirrup of Pomegranates corroborates the Stomacke, the Spleene, Liver, and Lungs, and restraineth vomiting: Sirrup of Oranges is more pleasant: Sirrup of unripe Grapes doth more quench thirst: Sirrup of the Iuyce of Sorrell doth allay Choler, and open obstructions: the Sirrup of red Gooseberries is more sweet in taste, and more astringent.

Oxymel simple.

8 R. Of the clearest Water, and of the best Honey, ana. lib. iiii. boyle them untill halfe the Water be consumed; then poure in of very sharpe Vinegar lib. ii. and let them be boyled againe to a Sirrup: it doth ex-

tenuate grosse humours, and scoure slimy matter, and open old obstructions, and Asthma, that is, obstructions of the Lungs, with Flegme, whereof ariseth shortnesse of Wind.

Sirrup of Endive.

9 R. Of fresh Endive, Lettice, Agrimony, Garden Succory, Liverwort, Sowthistle, Hawkeweed, *ana.* m. i. ff. of the foure great cold Seedes, *ana.* ʒ i. red and white Sanders, red Roses bruised *ana.* ʒ ii. boyle them in lib. viii. of Water to the halfe, then straine it, and to the decoction put of white Sugar lib. iiiii. seeth them all together againe, and scumme and fine them as they boyle; then adde of the Iuyce of Endive purged by setting lib. i. afterwards of the pure Iuyce of Pomegranates without dregs ʒ iiiii. boyle them all to a Sirrup. It cooles, purges, and corroborates the Liver, and is good after Purgations.

Sirrup of Harts-tongue.

10 R. Of Oake Ferne, Rootes of both kindes of Buglosse, the barke of the root of the Caper bush, Barks of Tamariske, *ana.* ʒ ii. Harts-tongue m. iii. Mayden-haire, Balmemint, Hoppes, Dodder, *ana.* m. ii. boyle them in lib. ix of Water, untill there remaine v. straine it, and put to the decoction of white Sugar lib. iiiii. boyle them and fine them to a Sirrup. It is good against Melancholly, and abateth the Swelling of the Splene.

Sirrup

Sirrup of dry Roses.

11 R. Of Water lib.iiii. make it warme, and infuse in it for the space of xx iiii. houres red Roses dried lib. i. straine it, and dissolve therein white Sugar, lib. ii. then boyle them to a Sirrup. It doth mitigate the hot Diseases of the Braine, asswages thirst, strengthens the Stomacke, causeth Sleepe, and stayeth Fluxes of the Belly, agglutinates, and mundifies Vlcers.

Sirrup of Poppy.

12 R. the Heads of white Poppie, not throughly riped, and new \mathfrak{z} viii. the Heads of blacke Poppy, fresh gathered, \mathfrak{z} vi. *Aqua Cælestis* lib. iiii. boyle them to the consumption of halfe, and put therein Sugar, and Penids *ana.* \mathfrak{z} viii. boyle them to a Sirrup. It is good against Catarrhes and Coughes, mitigateth the heate of the forehead, helpeth Frenzies, and Watchings, and so procureth Sleepe.

To make Diacodion.

13 R. The heads of white Poppy, neither the greatest nor ripest, nu. xii. *Aqua Cælestis*, lib. ii. boyle them to the thid part, and when it is strained, put thereto of the best *Sapa*, that is, new Wine boyled to the third part, \mathfrak{z} iiii. of the purest Honey \mathfrak{z} ii. boyle all these together, and in the end of the Decoction, put red Roses, Flowers of Pomegranates, *Acatia*, *Sumach*, *ana.* \mathfrak{z} ii. Seed of Purse-laine, white and red Corall, *ana.* \mathfrak{z} i. This Sirrup procureth Sleepe, and helpeth the Catarrhes, and stayeth all Fluxes of the Belly.

Sirrup of Violets compound.

14 R. The fresh gathered Flowers of Violets, \bar{z} ii. Seed of Quinces and Mallows, *ana.* \bar{z} i. Iujubes, Sebestens, *ana.* nu. xx. Gourds boyled, or their Seed, lib. v. boyle them to them to the halfe, and with lib. ii. of Sugar make a Sirrup. It mitigates the Catarrhe, and hoarsenesse, helps the Cough, and easeth the Plurisie; and quencherh thirst.

Sirrup of Violets simple.

15 The Sirrup of Violets simple is made by infusing the Flowers in water, once or twice, or thrice, as you did in making Sirrup of Roses, and with the Decoction make a Sirrup with Sugar. It asswageth sharp humours, and Plurisie; good for Head-ach, Watching; and dreaming, and against the heaviness of the Heart; also it is good to temper other Medicines.

Sirrup of Hyssop.

16 R. Of dried Hyssop, \bar{z} i. ff. rootes of Oake Ferne, of Fennell, Licoras, Seed of Bastard Saffron, *ana.* \bar{z} i. clenfed Barley, white Venus haire, *ana.* \bar{z} ff. cleaned Raisins, \bar{z} j. ff. dried Figges, far Dates, *ana.* nu. x. boyle them in sixe pound of Water, to the consumption of halfe; then straine it, and adde to the Decoction of pure Honey lib. i. ff. and Sugar as much, and make a Sirrup. It purgeth the Lungs gently, and doth digest Phlegme by attenuating it, and is good against the Plurisie.

Sirrup of Horehound.

17 R. Of white fresh Horehound $\frac{3}{4}$ ii. Licoras, Polipody of the Oake, Roote of Smallage, and Fennell, *ana.* $\frac{3}{4}$ fl. white Venus Haire, Hyssop, Origan, Garden Savorie, Calamint, Coltfoot *ana.* $\frac{3}{4}$ vi. Seed of Anise, and Cotton, *ana.* $\frac{3}{4}$ iii. Raisins of the Sunne stoned $\frac{3}{4}$ ii. fat Figges dry nu. x. boyle them in viiii. lib. of Hydromel delayed till the halfe be consumed; then straine it, and boyle the Iuyce into a Sirrup with Honey, lib. ii. and white Sugar lib. ii. season it with $\frac{3}{4}$ i. of the Powder of the Roote of the Florentine Flower-de-luce. This Sirrup avayleth much in Ptsickes, Coughes, and all Diseases of the Breast and Liver; for it cutteth, attenuateth, and purgeth all grosse and slimy Flegme; and because it is composed of such a confused mixture of lenitive, and cutting simples, therefore in old inveterate Coughes and Ptsicks I usually prescribe, with good successe, a composition of this Sirrup, with others more moderate, as thus: R. of Sirrup of Horehound, Maiden-haire, Coltsfoot, Hyssop, Violets, *ana.* $\frac{3}{4}$ i. mingle them, and take every morning and evening halfe a spoonefull, and as much when you seele the Cough approach, or the Flegme to rise.

Sirrup of the Iuyce of Buglosse.

18 R. Of the Iuyce of Buglosse clarified, lib. iii. white Sugar lib. ii. boyle them to a Sirrup. Thus you shall make the Sirrup of the Iuyce of Violets or Peaches, which are all Cordiall. Sirrup of Buglosse is not onely good to cheare the Heart, and drive away swooning, but also for Melancholy and Mad people,

Sirrup of Mint.

19 R. The Iuice of sweet Quinces, the Iuyce of Tarty sweet Quinces, the Iuyce of sweet Pomegranates, the Iuyce of Tarty sweet Pomegranates, ana. lib. i. ff. mixe these together, and infuse in them for the space of xxiiii. houres lib. i. ff. of dry Mint, and of red Roses $\frac{3}{4}$ ii. boyle them untill halfe be consumed, and then straine it, and addethereto of white Sugar lib. iiiii. and to sweeten the Sirrup, boyle therein 3 iii. of *Gallia Muscata*, bound in a cloth. This Sirrup heates the stomacke moderately, and corroborates it, and helpeth concoction, abateth Loathsomenesse, Vomiting, Chincough, and Lientery.

Sirrup of Coltsfoot.

20 R. Of Coltsfoot fresh gathered, m. vi. Maidenhaire, m. ii. Hyssop m. i. Licoras $\frac{3}{4}$ ii. boyle them in lib. iiiii. of Rain Water, or Spring Water, untill the fourth part be consumed; then straine it, and clarifie it, and with lib. iii. of white Sugar make a Sirrup.

Sirrup of Maidenhaire.

21 R. Of Licoras $\frac{3}{4}$ ii. Maidenhaire $\frac{3}{4}$ v. infuse it in lib. iiiii. of Spring Water, then boyle it, and straine it, and with lib. i. ff. of pure Sugar, boyle it up to a Sirrup.

Sirrup of Wormewood.

22 R. Roman Wormewood lib. ff. red Roses, $\frac{3}{4}$ ii. Spikenard

Spikenard ʒ iii. bruise them, and infuse them xxiiii. houres in old and well smelling white Wine, and the Iuyce of Quince peares lib. ii. ſs. boyle them with a gentle fire to the consumption of halfe, then boyle them againe with lib. ii. of white Sugar, to the thicke- nesse of a Sirrup. It purgeth and consumeth Choler out of the stomacke, it recovereth a good and pleasant colour, and helpeth the Iaundies.

Sirrup of Radish.

23 R. Of the Rootes of Garden, and wilde Raddish, *ana.* ʒ rootes of Saxifrage, Kneeholme, or Burchers Broome, Lovage, Sea-Holly, Pety Whin O Cam- mocke, or Ground-Furze, Parseley, Fennell, *ana.* ʒ ſs. Leaves of Betony, Pimpernell, Wilde Time, tender Crops of Nettles, Cresses, Samphire, Venus Haire *ana.* m. i. the fruite of sleepy Nightshade, and Iuybes *ana.* nu. xx. the Seed of Basill, Burre, Parseley of Macedo- nia, Carawayes, Sefeli, Yellow Carrots, Grommell, Barkes of Baytree root *ana.* ʒ ii. Raisins stoned, Licoras *ana.* ʒ vi. boyl them in lib. x. of Water till foure pound be consumed, then straine it, and with lib. ii. of purified Honey, and white Sugar lib. iiii. make a cleare Sir- rup, season it with Cinamon ʒ i. and Nutmegs ʒ ſs. This Sirrup expelleth Gravell and Stone, and scoureth the Kidneis, and Bladder, if it be mixed with other Le- nitive and scowring things, also it provoketh Vrine.

Sirrup of Mugwort.

24 R. Of Mugwort m. ii. Rootes of Flowerdeluce, Elecampane, Madder, Piony, Lovage, Fennell, *ana.* ʒ ſs. Wilde Time, Origanum, Calamint, Nep, Balmemint, Savine,

Savine, sweet Marjoram, Hyssop, Horehound, German-der, Groundpine, S. Johns Wort, Featherfew, Betony, *ana. m. i.* Seed of Anis, Parsley, Fennell, Basill, Yellow Carrets, Rue, Nigella, *ana. ʒ iii.* bruise them, and infuse them *xxiiii.* houres in lib. viii. of Hydromel, till three pound be consumed: then boyle it with lib. v. of Sugar unto a Sirrup, season it with Cinamon ʒ i. and Spike ʒ iii. This Sirrup of Mugwort doth provoke mightily the suppressed monthly Visits of Women, which may be done by Sirrup of Maidenhaire, or Hyssop, but more mildely; it also avayleth against the strangling of the Wombe.

Sirrup of Alchachenge, or Morrell of the Hill.

25 R. Of Alchachenge ʒ i. ff. Raifins, Kernels of Pine Apples cleansed *ana. ʒ vi.* of the three lesse Seeds, *ana. ʒ iii.* rootes of Parseley, Fennell, Asperage, Bruschus, and Smallage, *ana. m. ff.* Licoras ʒ x. Damaske Pruines, Sebestens, Iujubes, *ana. nu. xii.* Flowers of Violets, and of *Girns solus*, *ana. m. i.* Saxifrage, m. ff. beate them and boyle them a little with Water of Endive, Buglosse, Fennell, and a little Wine of Pomegranates, till the third part be consumed; then straine them, and make a Sirrup with sufficient white Waxe, and ʒ i. ff. of fine Rubarbe. This Sirrup mundifieth, and cleanseth the Reines from the Stone, Haires, or Branne, comforteth the stomacke, and breaketh wind.

*Heliotropi-
on, or, mili-
um solus.*

*An excellent Sirrup to preserve the Lungs,
and for Astma.*

26 R. Of Nettle-water, and Colts-foot water *ana*,
pinte i. Aniseed, and Licoras powdered *ana* ii. spoone-
fuls, Raisons of Sun m. i. Figs sliced nu. iiii. boile them
untill halfe a pinte be consumed, straine it, and with one
pound of white Sugar candy powdered, make a Sirrup.

A Sirrup for the cough of the Lungs.

27 R. Leaves of Harts tongue nu. iiii. Liverwort,
Lungwort, unset Hyssope, wilde Time *ana* m. i. boile
all these in a pottle of new Wort to a quart; make a
thin Sirrup with Sugar candy, and drinke of it when
you goe to bed, and in the morning before you rise.

*Another Sirrup for the same, and to open Obstructions,
and help a short breath.*

28 R. Of unset Hyssop, and Penyroyall m. iiii. wash
them, and stamp them; and to the strained juice adde
the like proportion of English Honey; boile it in a Pew-
ter dish on a Chafingdish, and Coales, the space of half
an houre, untill the Juice, and Honey be well incorpo-
rated: hereof let the Patient take two spoonefulls at
Morning, three of the Clocke, and bed time, and use it
as long as need shall require.

A Sirrup for a Cold.

29 R. Of Cetrack one ounce, Coltsfoot, and Maiden-haire *ana* ʒ i. Elecampane rootes sliced lib. i. boile them in three quarts of Water till it be wasted to one quart; then straine it, and with a pound of Sugar make a Sirrup *secund. art.* take of this Sirrup every night, and morning ʒ ss. and as often as you cough.

Pills.



Pilles.

CHAP. XLIII.

To make Pilles of Aristolochia.

R. The roote of round Aristolochia \mathfrak{z} i. roote of Gentian, Myrrhe *ana* \mathfrak{z} iii. Aloes, Cinnamon *ana* \mathfrak{z} ss. Ginger \mathfrak{z} i. beate them very fine, and make them up with new Oyle of sweete Almonds, the dose is \mathfrak{z} i. ss. they may be drunke, but they are so bitter that they are more easily swallowed. These Pilles are of an opening vertue, scouring the Liver, and Reines, and are good in an olde Cough, and in the suppression of womens visits; also they expell the after birth, and dead childe.

Pills of Agaricke.

2 R. Of Agaricke, Mastick *ana* \mathfrak{z} iii. root of Flower-de-luce, Horehound, *ana* \mathfrak{z} i. Turbith \mathfrak{z} v. powdered, Hiera Picra \mathfrak{z} ss. the pulpe of Coloquintida, Sarcocoll, *ana* \mathfrak{z} ii. Myrrhe \mathfrak{z} i. Sapa as much as shall suffice to make them into a masse. They purge very strongly from all parts of the body, both Choler, and Slimy humours, but especially from the head and breast; and are good against Catarrhes, and old Coughes.

Pills called, Without which I would not be.

3 R. Of the best Aloes ʒ xiiii. yellow Mirabolanes, Mirabolanes of India, Mirabolanes Chebules, Rubarbe, Masticke, Wormwood, Roses, Violets, Sene, Agarick, Dodder *ana* ʒ i. Scammony ʒ vi. ss. dissolve the Scammony in the Iuice of Fennell, as much as shall suffice, and straine it through a Cloth, and with the same Iuice mingle the said Powders finely beate. These draw Choler, Phlegme, and Melancholy from all parts of the body, but especially from the Head, Eyes, and Sences; they preserve the sight, and take away the paine, and noise of the Eares.

*A small lozge of Oyle of sweet Almonds taken but one
and sometimes Stomack Pills.*

4 R. Aloes ʒ vi. Mastick, red Roses, *ana* ʒ ii. make them up with the Sirrup of Roses, or Wormwood. These are to be taken before meate, and doe purge the Stomack gently, and mildly, and help concoction.

Pills of Ruffus, called common Pills, or Pestilentiall.

5 R. Of the best Aloes ʒ ii. of the best Myrrhe, and Saffron *ana* ʒ i. mingle them with Aromatick Wine, and make a masse. They doe much help the concoction, and will not suffer the meate to putrifie, and availe much against pestiferous contagions.

Those that would purge twice, or thrice in a day, or keep their bodies soluble, let them take two or three little Pills as big as a Pease every morning of Aloes Rosatum, or at any time when they will; also there is a way to wash Aloes, and so to make it into Pills; very
excellent

excellent to purge the Head of Phlegme : whereof I shall speake hereafter.

As for Antidoraries, Trochiskes, and the like, because (amongst those for whom I intend this Booke) such things are seldome used, and therefore may more better be bought at the Apothecaries, if occasion shall serve, I have omitted them; and considering also that so little cannot be made as sometimes is used, the residue oftentimes corrupted, and lost the strength before they use any againe; moreover I doe not finde any but such as are in Print at large already, and therefore needlesse to be here inserted.

Next I will shew you some things that are set downe in this Book, amongst divers Simples; which you cannot know, unlesse you runne to the Apothecary to buy them.



CHAP. XLIV.

First, Of the foure cordiall Flowers, which are

1 Roses. 2 Violets. 3 Borage. 4 Rosemary, or
Bawme. 5 Buglosse.

The five Emollients hearbes are

1 Marsh-mallow, Mallow. 2 Beets, Brankursine.
3 Mercury hearbe. 4 Violet Plants. 5 Pellitary of
the Wall.

The foure great hot seeds.

1 Aniseed. 2 Fennell seed. 3 Carraway seed.
4 Cummin seed.

The foure lesse hot seeds.

1 Ammi. 2 Our Ladies rose. 3 Smallage, or Sage.
4 Daucus, or wilde Carrets, Pimpernell.

The foure great cold seeds.

1 Gourds. 2 Cucumbers. 3 Citrons. 4. Mellons.

The foure lesse cold seeds.

1 Endive. 2 Cichory. 3 Lettuce. 4 Porcelaine.
The

The five great common Rootes aperitive, and diuretick.

- 1 Smallage. 2 Asperagus. 3 Fennell. 4 Parseley.
5 Kneeholme, or Butchers broome.

The two Rootes.

- 1 Fennell. 2 Parseley.

The foure Pleuretick Waters.

- 1 Our Ladies Thistle. 2 Sowthistle. 3 Holy thistle.
4 Scabious.

The five lesse opening Rootes.

- 1 Grasse. 2 Sea Holly. 3 Capers. 4 Cammocke,
or ground Furze. 5 Madder.

The three Stomachiall Oyles.

- 1 Wormwood. 2 Quinces. 3 Mastick.

The five Capillar hearbes.

- 1 Black, or Venus haire.
Adjants 2 White, or Wall Rue.
3 Golden Polytrichon. 4 Common Maidenhaire.
5 Scolopendria.

The

The foure hot Oyntments.

- 1 Agrippa. 2 Marshmallowes. 3 Arragon.
4 Martiatum.

The foure cold Oyntments.

- 1 White Oyntment with Camphire. 2 Of Popular Buds. 3 Galens refrigerative. 4 Mesue his Rosate.

The common hot Flowers.

- 1 Camomill. 2 Melilot. 3 Flower-de-luce, or Lillie.

The foure Ointments wherewith a Chirurgion ought to be stored.

- 1 Basilicon, which digests, and ripens. 2 Greene Oyntment of the Apostles to Mundifie. 3 Golden Oyntment to Incarnate. 4 The White to Cicatrize.



CHAP. XLV.

*Notes for those that shall practise the compounding
of Medicaments.*

THose Sirrups that you make by infusion of Flowers, to every pint of Water you must adde foure ounces of Flowers, and these must be done in Pipkins of earth well glased, or in Vessels of Pewter, or Silver, with narrow mouthes, that may be stopped close, and not in Brasse nor Copper. In making Sirrup of Roses and Violets, &c. which are made with many infusions, it will be good that the first infusion be made with scalding water poured on them, the rest of the infusions with warme water. Boile your Sirrups softly upon a cleere Charcoale fire, taking it from the fire when it is boiled, and with a Spooone full of holes scum it cleane; you shall know when it is boiled enough by the breath which comes out very strongly at first, but when it is almost enough, the fume will scarce appeare at all: also if you take a little in a Spooone, and let it fall, if it make a thread, it is enough, else not; when it is almost cold put it in a Pot, and cover it with a Paper perforated with a Needle, and when it is quite cold cover it with a leather, and keepe it in a temperate place.

To make pulp of Dates.

1 R. Of Dates lib. i. part them in two, and pill off the white on the inside, and the skine all over, put away the stones, and cut the Dates into small pieces, and put them into a Skillet, and powre on them of cleere Water lib. ss. let them Infuse in some warme place the space of three daies; then take them up, and beate them into a paste in a Marble Mortar, and pulp it through a pulping sieve. This Pulp is used in Electuaries.

To prepare and correct Sene.

2 R. Of the best Sene lib. i. cleanse it from the stalkes and naughty leaves, and to every ounce of Sene adde of fennell seed or Aniseed 3. i. and powder them, first your seeds, and when they are well beaten, then adde your Sene, and beat them all well together, and searse them in a covered searse, that which will not passe beat againe, and searse it till all be finely searsed: this is used in Pilles, Electuaries, Powders, &c. and is never used otherwise then with his Correctives.

When you powder Myrrhe, or Saffron, they must be done by themselves, by dropping a drop or two of Oyle Olive into the bottome of the Mortar, that it may not sticke; the same way you shall powder Rūbarb, Aloes; or Asa foetida, and also Scamonie; but Mastich must be powdered by dropping a little Rosewater into your Mortar. Before you beat Camphire you must grinde ii. or iii. sweet Almonds in your Mortar; the like in beating Cinamon.

Oyles are boiled enough, when if you throw a drop in the fire, it burneth cleare, and without cracking.

Plaisters

Plaisters are boiled enough, when if you put a drop into faire water, it runneth not abroad, but riseth whole to the top of the Vessell: those Plaisters that have Oile in them, when you make them up wth your hands in faire water, or white wine; those that have none, wet your hands in Oile. *You shall boile Honey that is thick with the white of an Egge untill it comes to the thick- ness of Honey, and then wash and prepare it as you shall see.*

3 R. The cakes of Fat, and picke out the skin and bloudie Veines, and wash it in severall waters, untill the water runne from it cleere, and neither fatty nor bloudie; then cut it in pieces, and melt it in a panne with a little water; then straine it strongly through a linnen cloth; and put it in a good great pot, and when it is cold, cover it with warme water, and beate it together against the sides of the pot well, then powe away that water, and adde more: thus doe nine times, untill it hath lost the smell of Grease; then wash it in Rose water, and put it up. *To prepare Marrowes you must take them out of the bones in the beginning of Autumne, and wash them, and melt them, and then use them as you did the Fats.*

To make R. of Raisins. Take Raisins of the Sunne dried lib. ii. infuse them in lib. vi. of warme water, then boile them to the consumption of halfe, and straine it, and presse it throughly, and boile the decoction to the thicknesse of Honey; or else to lib. iii. of the decoction, adde two pound of dispumed Honey; mingle it, and boile it to the thicknesse of Honey.

Honey of Violets and Roses is thus made. R. of red

R 2

Rose

Rose buds lib. ii. of the best and purest Honey lib. vi.
boile them as before.

To make dissuemed Honey.

5 You shall boile Honey that hath beene clarified
with the white of an Egge untill it come to the thick-
nesse of Honey againe; then take it from the fire, and
when it is coole put it up.

Rose Vineger.

6 R. Red Rose buds almost blowne; the whites and
stalkes cut away, gathered drie, and dried in the Sunne
three or foure dayes lib. i. Vineger $\frac{1}{2}$ Sextaries viii.
let them soake xl. daies; then straine it; and adde
other Roses; doe thus until the savour and taste please
you.

• See this
word in
the Table
of weights,
and mea-
sures.

*To make the decoction of flowers and fruits much
used in purgations.*

7 R. Drie Figs nu. v. Damaske prunes nu. xv. Iuja-
bes, Sebesten, ana. nu. xx. Tamarindes $\frac{3}{4}$ i. Flowers of
Roses, Violets, Borage, and Buglosse ana. $\frac{3}{4}$ i. Venus
haire, Hops, Endive, ana. m. fl. Licoras $\frac{3}{4}$ ii. cut
them, and beat them all together, and boile them in
lib. iii. of Fountaine water to the consumption of the
third part.

To

To make Juice of Licoras.

8 R. The Roots of Licoras full of Juice, and well cleasped, and a little bruised, what quantity you please; macerate them three daies in Spring water, in a Vessell wherein the water may stand three or foure fingers above the Licoras; after this heate them at the fire, and strain them, then take the decoction, and boile it gently untill it come to the just consistence; then make it up into what fashion you will.

To make Aloes Rosatum.

9 R. Of the best Aloes cicatrine and cleere, powdered, ℥i. Juice of Damaske Roses clarified lib. i. mingle them, and put them in the Sunne, or in a Balneo, untill all the moisture be exhaled; doe this foure times, make it up in a masse, and when you have occasion make small pilles thereof.

To make May Butter.

10 R. Fresh Butter made in May, and without salt, put it in a broad earthen Vessell glased, and set it in the Sunne to melt: that which melts whilest the Sunne is hottest, let runne through a thicke Cloth without pressing, then put it againe to the Sunne; doe thus untill it be white, then put it up in pots.

To make Salt of Cerusse, described in my receits for Beauties.

11 R. A quantity of Cerusse, grinde it into very fine Powder, and infuse lib. i. in a pottle of distilled Vinegar for foure or five daies, then Filter it; then let that you have Filtered in a glased Earthen vessel over a gentle fire, untill it concrete unto Salt.

The manner to prepare Goats blood, wonderfull efficacious in Medicines for the Stone.

12 R. A young Male Kid of a reasonable age, not too young; breed him up in the house with Pimpernell, Smallage, Parsley, Fennell, Bayes, Tely, Lovage, and all manner of hearbes that will breake the Stone, and let him eate nothing else: kill him in the month of August, when the Sun is going into the signe Cancer; cut his throate, and receive the blood that comes out of the Arteries, which you may know by the thickness, let it congeale, and throw away the water that swims on the top; the rest of the blood put into an Oven when the bread is newly drawne, and let it dry, and then powder it.

To make Metheglin.

13 Gather these hearbes following in the midst of July, and lay them to dry in the Winde; then keepe them cleane, and from moulding; untill Michaelmas, that you make your Metheglin; Saxifrage, Egrimony, Sentory, Time, browne Mints, Rosemary, Betony, and, but of Saxifrage, and Egrimony, a greater quantity; boile all these in Water untill it looke like Malmesey; then take it from the fire, and let it coole; then take your

your poult or combes wrought as it is, and put into the Wort being blood warme, temper them well together, and let them run through a cleansing sieve, and skumme the Waxe off very cleane; then put in a new laid Hens Egge into the Wort, and if it beare not the Egge, put in more Combes, untill it beare it: then see the it again three or foure walmes, and skumme it cleane; then take it off the fire, and when it is cold, put it into a Barrell, and when it hath worked, stop it up close.

To make Cider.

14 Grinde your Apples, or beate them small, and straine them: let the Liquor stand a while, as you doe Wort; then tunne it up, and let not the Barrells be stopped untill it hath done working, and casting out all the dregs: then stop it up close; if you will have it compounded with Spices, you must boile such Spices in it as you have a minde to, and then tun it as before. Perry is made after the same manner with Peares.

An excellent way to wash Aloes.

15 R. Of the best Aloes \mathfrak{z} ii. put thereto a quarter of a pinte of the Iuice of damaske Roses, and as much of the Sirrup of Violets, two spoonefulls of Vinegar; then set it in a warme Oven after the bread is drawne, and let it so remaine untill it be dissolved; then straine it hard through a faire Cloth, and set it on faire Embers untill it be thicke like a Conserve, stirring it divers times; then R. Nutmegs, Cinamon, Ginger, Cloves, Mace, Agaricke, Cubebs, and one Duccate weight, and as much Rubarbe: bruisse all these as you would for Ipocras, and lay them in three quarters of a pinte of very good

good Muskadine three daies; then straine it, and after beate the Spices as small as you can, and grinde them with the said Wine againe; then straine it, and wring it out as hard as you can; then put your Wine to your Conserved Aloes, and let it stand so long on warm Embers, till it have drunke up all the Wine, and is turned to a Conserve againe, stirring it divers times; then put it in a close Pot, and keepe it for an excellent purging Pill, to be taken once a weeke, the quantity of a Beane made in Pills, one houre before supper, it doth cure the Headache, comforteth the Stomack, and hath many good and approved operations.

To make Lute sapientiz, to lute the Receivers in distillations, or to lute Pots in any decoction.

16 R. Of Porters earth two parts, Horse dung one part, a little fine powdered Bricke, and a little of the filings of Iron, quick Lime, with salt Water, and the yolkes of Egges; temper them very well together, and use it: If you wet a linnen Cloth in salt Water, and let it dry of it selfe, then wet it in the yolkes of Egges well beaten, and lay it over with a little of the former lute thin, and cover the pot: the whites of Egges with Lime is also good.

17 Bread and Honey eaten every Morning, cureth a
Consumption.

To make Honey of Roses.

18 R. Of red Rose buds lib. ii. of the best Honey
lib. vi. boile them according to art.

To know the vertues of hearbes in all Seasons.

Gather hearbes, and leaves in March, April, May :
Flowers in May, Iune, Iuly, August : Seeds in Sep-
tember, October, November : Rootes in December,
Ianuary, February.

5f

Preserves



Preserves, and Conservees.

CHAP. XLVI.

To preserve Cherries.

I **G**Ather your Cherries in the morning, and let them not be too ripe, cut off the tops of the Stalkes, and lay the Cherries in a pan upon a thin bed of Sugar, to every pound of Cherries take a pound of Sugar, and beate it very fine, and ever as the Cherries boile up, cast Sugar on them, and scumme them not untill the scumme be ready to see the over; let them boile with a quick fire, for so they will be the fairer: you need not feare the breaking of them, for as they coole they will close againe; and see the not above two pound at once, the fewer the better, and boile them rather too little then too much; being sodden, put them into a faire dish, and let them stand till the next day, and if there come any Water from them, then see the them a little more; you must use a silver spoone about them which must be scoured very cleane, for if you use either Ladle, or knife that hath been used about flesh, it will cause Mites to breed in your Cherries.

To preserve Quinces.

2 Take Quinces, and wipe them cleane, and coare them into a faire platter, that you may save the seeds; then take cleare Conduit water, and put it into a faire Earthen pot that is somewhat broad in the bottome, that the Quinces may lie one by one; then put in your Quinces with the Kernels, and Jelly about them, but no part of the Coares, for it will make the Sirrup bitter; then set them on the fire, and let them see the gently till the Quinces be soft, and breake not; then take them out, and lay them in a faire dish, and when they are cold pare them, but let the Kernels, and the Water see the a while after the Quinces are out; then take the Water, and straine it cleane from the Kernels, and to every pound of Quinces put a pinte of that Water, and a pound of fine beaten Sugar, and put the Sugar into the Liquor, and stir it well untill the Sugar be melted; then let it see the, and when it hath soddena while, and is scummed, put in your Quinces, and let them see the very softly a good while till they be red, for with long seething they will be red of themselves; you must turn them often that they may be all of one colour, and when you thinke they be red enough, skin them cleane, and when they be cold, put them up.

To preserve Damsons, Peareplums, or any other kinde of Plummes.

3 Gather your Damsons in a faire dry day, and let them not be bruised, but let them be ripe, or else they will not be well coloured; to every pound of Damsons

take a pound of fine beaten Sugar, and one spoonfull of Rosewater: you must put your Damsons in a faire great pan one by one, and not above a pound at once; then set them upon a Chafingdish and Coales, but let not your fire be too hot at first: then set on your Plummets, and cast in as much Sugar as the Rosewater will melt, before you set them on the fire; and when you feele your pan warme, cast on halfe your Sugar, and let the pan be no hotter than you can suffer your hand on it; for the space of a quarter of an houre, you must not turn them untill there be as much Sirrup as will beare them up; then turne them, and cast on the rest of your Sugar, but you must not let them see the when you doe turne them, because then they will breake on both sides; but let them lie in hot Sirrup a while: then turne the broken sides downewards againe, and let them see the softly a little while, then may you turne them as often as you please; and let them see the reasonable fast, till you think they be enough; if you let them see the long, they will lose their colour, and will be tough; you must skinne them very cleane, and when they be cold, put them up in Glasses, and put in foure, or five Cloves, and as many little slices of Cinamon of about an inch long: thus you may preserve any Plummets, but you must put neither Cloves, nor Cinamon to your white Plummets.

To make Marmalade of Quinces.

4 First take twelve quarts of fine running Water, and put to it sixteene pound of Quinces well pared, and coared, and quartered into foure parts, and put to them eight pound of Sugar, and let all this see the softly till it be more than halfe sodden away: let them be close covered, or else they will not be red; when you see them
of

of a good colour, breake them with a spoone, and boile them till they come to Marmalade. You may dissolve a little Muske, or a little Ambergreece in some Rose-water, and put into it after the boiling, to give it both a fine taste, and smell : when it begins to cleave to the spoone, then take it from the fire, and fill your Boxes, and with a feather strike it over with Rosewater.

To preserve Grapes, Barberies, or Gooseberries.

5 Take as much Sugar as they doe weigh, and somewhat more, and beate it very fine; then take your preserving Pan, or Skillet, and lay a bed of Sugar, and a bed of Fruit, till you have laid all; then take five, or six spoonfulls of faire water, as much as will wet the bottome of the Pan, and boile them as fast as you can untill they be cleare; then boile the Sirrup untill it will button upon the side of a dish, and it is enough; then put them up in pots.

To keep Quinces raven all the yeare.

6 Take some of the worst Quinces, and cut them into small pieces, and boile them in water untill it bee strong of the Quince: put in the boiling, to every Gallon two spoonfulls of Salt, as much English Honey, halfe a pinte of white Wine Vinegar; then straine it, and when it is cold, put it into a wooden vessel, and take as many of your best Quinces as will goe into that Liquor; then stop them very close, that no aire get into them, and they will keep all the yeare.

To make Paffe of Oranges, and Lemons.

7 Take your Oranges well coloured, boile them tender in water, shifting them fixe, or seaven times in the boiling; put into the first water a handfull of Salt: then beate them in a wooden Bowle with a wooden Pestle, straine them through a piece of Cushion Canvasse, take the weight of them in Sugar, and somewhat more; then boile it, and dry it, and fashion it as you please, and dry it in a warme Oven upon a Plate all night; on the morrow turne it.

To make Paffe of Gennathet true way.

8 Take Quinces, and boile them in their skins, then scrape all the pulpe from the coare, straine it through a piece of Cushion Canvasse, then take as much Sugar as the pulpe doth weigh, put to it twice so much water as will melt it, that is, halfe a pinte to every pound of Sugar: boile it to a candy height, dry the pulpe upon a Chafingdish, and Coales; then put the Sugar and the pulpe hot together, boile it with stirring untill it will lie upon a Plate even as you lay it, and run no broader; then fashion it, some like leaves, and some like letters, so set your Plate in a warme Stove, or Oven, set it upon two billets of Wood up from the hearth of the Oven all one night, in the morning turne it, and so set it in the like heate againe, and so every day turne, untill it bee dry.

To make Paste of any tender Plummets.

9 Take any tender Plummets, and put them in an earthen Pot, and put your Pot into a Pot of seething water, and when they are dissolved; straine all the thin water from them through a faire Cloth, and set the Liquor by to make Quiddie of; then straine the pulpe through a piece of Canvasse; then take as much Sugar as the pulpe doth weigh, put to it as much water as will melt it, and boile it to a Candy height: Then boile the pulp of the Plummets very well upon the Coales, and put it, and the Sugar hot together, so boile them with stirring; then lay them upon a Pie plate, and fashion it, and dry it as before; put some pulpe of Apples amongst the the pulpe of Plummets, else it will be tough.

To make Marmalade of some of these Plummets.

10 There is no more difference, but in boiling it higher than your Paste, till it come cleane from the bottom of the Skillet, then boxe it.

To make conserve of any of these Fruits.

11 When you have boiled your Paste before said, ready to fashion upon the Plate, put it up in gally Pots, and never dry it; and that is all the difference betweene Conserve and Paste, and so you may make Conserve of any Fruits; this is for all hard bodied Fruits, as Quinces, Pippins, Oranges, and Lemons.

To make Conserve of tender Fruits, or Berries.

12 First dissolve your Plummets as you did, to make your Paste straine through the Liquor Pulpe and all, and to every pinte of that take three quarters of a pound of Sugar, and so boile it untill it be somewhat thicke, that when you lay some of it upon a cold dish it will run no broader; then put it up.

To Preserve Fruits Greene.

13 Take Pippins, Apricockes, Peareplummets, or Peaches, while they are green; scald them in hot water, and pill them; the Peaches and Apricockes, scrape the Furre off them, then boile them very tender, then take as much Sugar as they doe weigh, and as much water as will make a Sirrup to cover them in, then boile them something leifurely, and take them up, and boile the Sirrup untill it be something thick, that it will button upon a dish side; and when they are cold, put them up together.

To Preserve these Plummets when they are ripe.

14 Take as much Sugar as they weigh, and put not so much water to them as you did to the Greene, for they will yeeld Liquor of themselves; boile them not altogether so leifurely as you did the other, if you doe, the Sirrup will turne red, and so when you have boiled them, take them up, and put them as aforesaid.

To dry Pippins as cleare as Amber.

15 Take yellow Pippins, pare them, and cut them in the middest, and cut out the Core; then put them into a Bason of Water; then take their weight of Sugar, clarifie it, boyle it neere to Candy height, dry your Pippins with a faire cloth, then put them into the hot Sugar, and let them boyle as fast as you can: when they rise up, take them off the fire, and scumme them: turne them, and set them on the fire againe, and let them boyle apace, and scumme them againe, so doe sixe times: when the Sugar is Candy height, take out the Pippins, lay them on a board, and put them into a warme oven; within three houres you may turne them, within three dayes they will be dried enough.

To dry Apricocks very Orient and cleare.

16 Take Apricocks which be not over ripe, take out the Stones, put them into as much clarified Sugar as will cover them; boyle them leasurely often stirring them, then take them off the fire, and let them stand all the night in the Sirrup, the next day warme them againe in that Sirrup; when they be through hot, set them to draine, then take another fresh Sugar, and boyl it a little higher; boyle them in it leasurely, and turne them now and then, and scumme them; so let them stand untill the next day in that Sirrup; then warme them thoroughly, and lay them again to dry: take the third fresh Sugar, boyle it to a Candie height, put in your Apricocks to that hot Sugar, boyle them, now and then taking them off to skumme them: your Sugar being boyled to a Candie height, take out your Apricocks, lay them upon a faire board: then put them into

a warme Oven, the next day turne them, and put them againe into an Oven; within one weeke they will be dry, and as yellow as gold.

To dry Plummes, or Cherries.

17 Gather them in the heat of the day, and pricke them with a Pinne; lay them upon the bottome of a Sive, put them in an Oven after the Bread is drawne: when they beginne to wither, let not your Oven be so warme, as at the first putting them in; within one week they will be dry, then boxe them up.

To dry Peares without Sugar.

18 Take the Norwich Peares, pare them, save on the stalke, and the Peepe; pricke them with a knife, and put them in an earthen pot, and bake them in an Oven, but bake them not too soft: put them into a white Plate Panne, put dry Straw under them, and lay them into an Oven after the Bread is drawne, and every day warme the Oven to that degree of heat, as when the bread is newly drawne: within one weeke they will be dry.

To dry Peare-Plummes, or other Plummes.

19 Take Plummes, pricke them, put to them as much Sugar as will cover them, set them on the fire untill they crack a little; then take them up, and put them into fresh Sugar, added to the first Sirrup, and let them boyle higher then before; take them off the fire, now and then to skimme them, then put in your Plummes againe, and let them warme againe in that Sirrup halfe an houre; then put them into a Glasse for three or foure houres

houres in that Sugar; then warme them againe, and set them to draine; then take as much fresh Sugar, as will cover them, and boyle it to a Candy height; then put in your Plummes againe into that Sugar; and let them boyle leasurely halfe an houre, now and then turning them, for that will make them to take Sugar; take them up betweene hot and cold, lay them on a Board to dry, boxe them up.

To dry Orengees or Lemmons.

20 Raspe off their outward skinnēs; cut them into halves; take out their meate, and lay them in Water three or foure dayes; then take them out of that water, and lay them into a fresh Water, and boyle them tender: shift the Water five or sixe times, to take away their birterneesse; when they are tender, then take them up and wipe them with a faire cloth, and put them into as much clarified Sugar as will cover them, and let them boyle leasurely two houres: take them off the fire, put them into an earthen Pipkin for foure dayes, then set them on the fire untill they be through hot, then set them to draine, and when they are drained, take fresh Sugar, boyle it to a Candy height; then put in your Orengees to that hot Sugar, so let them boyle till they come to a Candy height, then take them out, lay them upon a Sive, and dry them in an Oven: within ten dayes they will be dry.

*To dry Lettice Stalkes, Arceithicke Stalkes,
or Cabbage Stalkes.*

21 Take the Stalkes, pill them to the Pith, put the Pith into a strong Brine three or foure dayes; then

take them out of the Brine, boyle them in faire Water very tender, then dry them with a cloth, & put them into as much clarified Sugar as will cover them, & so preserve them, as you did your Orenge; then take them up, and set them to draine; then take another fresh Sugar, and boile it to the height of a Candy when it commeth to a Candy height, take them out and dry them.

To Candy Barberries, Grapes, or Gooseberries,

22 After you have preserved them, as aforesaid, dip them in warme Water very suddenly to wash off the ropy Sirrup, then strew them over with fersed Sugar, as you would doe Floure upon Fish to fry, and so set them into a warme Oven, or Stove, three or foure times, and never let them be cold untill they be dry, and they will looke like a sparkling Diamond.

To dry any fruits after they are Preserved.

23 Take Pippins, Pears, or Plummes, and wash them out in warme Water from the Sirrup they are preserved in, and strew them over with fersed Sugar, as you did before; then set them in a broad earthen Panne, that they may lye one by one; then set them in a warme Oven or Stove to dry: if you will Candy them withall, you must strew on Sugar three or foure times in the drying.

To make cleere Cakes.

24 Take Plummes of any fort, but Raspices are the best, put them into a stone Iugge, & put the Iugge into a Pot of seething Water, and when they are dissolved, straine

straine them thorow a faire cloth, and take to every Pint of that, a pound of Sugar, put to the Sugar as much water as will melt it, and boyle it to a Candy height; boile the Liquor likewise in another Panne by, then put them seething hot together; boile them a little together with Stirring, then put them in Glassees made like Marmalade boxes, and set them in a warme Oven or Stove, in a drying heat: let them stand so a fortnight or three weekes, and never be cold, and remove them from one place to another, while the cold places are hearing, that they may not be cold: they will turne in a weeke; beware you set them not too hot, for that will make them tough, and so every day turne them untill they be dry, and they will be very well Candied without, and moist within.

To Candy the cleare Rocke Candy.

25 Take Spices, or Flowers, or any dry Sucker, or any Fruits after they are preserved and dry againe; lay them upon round Wiers in an earthen Panne, the Panne being narrow at the bottome, and broad at the top, and take as much Sugar, refine or Brasill Powder: you must neither take Barbary Sugar nor Maderous, they are too far; put to it as much Water as will melt it, that is, halfe a Pint to every pound, and something more, and when your Sugar is melted, take the white of an Egge, and a dozen spoonfuls of faire Water; beat them together in a Basen, with a Birchin Rod, till it come to a froth, then put the froth of the Egg into the hot sirrup, set it on the fire againe, and when it boyles and riseth up, drop a drop of cold Water amongst it, then set it off the fire, & scum it; then boyle it to a Candie height, that is, when it will draw like a thred betweene your finger and your

thumbe; then poure it seething hot into your Panne amongst your fruits, set it upon a Cushion in a warme Chimney corner, and cover it close with a Blanket; on the morrow poure out all the Sirrup that will run from it, and then set your Pot in a warme place againe to dry: pricke up your Wiers, take off all the Fruits, and lay them on Papers to dry, then boxe them.

To Candy Eringoe Rootes.

26 Take your Rootes new gathered without knots, or joynts; boyle them tender in faire Water: let your Water boyle before you put them in, then pill them, slit them, and pith them, and wash them in two or three faire Waters: dry them with a faire cloth, and plat them, then take twice so much as they weigh, and refine your Sugar, and boyl them in the one halfe, till they be tender and cleare; make your Sirrup first with halfe Rosewater, and halfe faire Water: when they be cleare, make a Sirrup with the other halfe of your Sugar, and boyle your Sugar to a *Manus Christi*, that is, when it will draw as fine as the haire of your head; then put in your Rootes again, and boyle them, and shake them in a Basen till they be cold, and so lay them upon Papers untill they be dry.

*To Candy Suckets, Orenge, Lemmons, Pome citrons,
and Lettice Stalkes.*

27 Boyle them tender in Water, and then Candy them, as you did the Rootes aforesaid.

*To Candy Flowers after another fashion
used in Spaine.*

28. Take what Flowers you will, and picke off the leaves from the Flower, and make a Sirrup of Sugar, and put in the Blossomes of your Flowers, as many as will goe into the Sirrup; boyle them with stirring untill it be turned to Sugar againe, set them off the fire, and with the backe of a Spooone, stirre them, and bruiſe the Sugar from them, and they will be Candied, and no Sugar ſeene upon them.

To make Lozenges of any of these Flowers.

29. Make a Sirrup of Sugar, as before, and take the blossomes of what Flower you will, and shred them on a Trencher, or beat them in a Wooden Dish; then put in, as many as will colour the Sirrup of that colour the Flowers are of, and boyle it with stirring, untill it will come cleane from the bottome of the Panne, and so thicke, that it will scarce drop out of your spoone; then poure it upon a wet board, and with a wet Knife spread it abroad, not very thinne; when it is almost cold, cut it in square Lozenges like Diamonds.

*To make a Marchpane, Ice it, garnish it,
and gild it.*

30. Take Almonds, and blanch them out of seething Water, and beat them in a Stone mortar; in the beating drop in a drop or two of Rose Water to keepe them from oyling, and now and then strew a handfull of searfed Sugar to bring it to a Paste: when you have brought

brought it to perfect PASTE, roll it as thinne as you will have it, and set an edge about it, as about a Tart; then cut Flowers, and Images to garnish it with of the same PASTE; then set it on Wafers, and after on a double Paper, and then on a Pie Plate, and so put it into an Oven hot enough for Manchester, and bake it: when it is halfe baked, take it out, and with the white of an Egge, Rose Water, and searsed Sugar beaten together as thick as Batter for Fritters, with a Feather Ice it, by spreading it over; then set it into the Oven againe, and when the ice is risen, take it out, and whilst it is hot, sticke in your long garnishing Comfits; and when it is cold, gild it over in this manner: beate the white of an Egge very short, and with a Pensill wet those places you would have gold; when it is almost dry, cut your Lease gold in little pieces, and with a Feather lay it on.

To make Rashers of Bacon.

31 Take some of the Marchpane, and knead it in Saunders untill it be red, then roll abroad three Rolls of the red, and foure of the white, and lay together a white and a red Roll, untill you have laide all; then cut them overthwart in thinne slices, and dry them, and they will looke like Bacon.

To make Makeroomes.

32 Take of blanched Almonds a quarter of a pound; and three ounces of searsed Sugar; beate these in a Mortar, with a little of the white of an Egge, and Rose water; so beat it untill it be a little thicker then Batter for Fritters; then lay it a spoonefull at once upon Wafers, and so bake it.

To make Naples Bisket.

33 Take Almonds, and Sugar, as you did before for Makeroones, to every quarter of a pound put one ounce of Pine apple seed: bake it as before, that is all the difference.

To make French Bisket.

Take halfe a pecke of Flower, foure Egges, halfe a pinte of Ale Yest, an ounce and a halfe of Aniseeds, make all these together in a loafe with a little sweete Creame, and a little cold water: make it in the fashion of a Dutch loafe, something long; when it is baked, and a day or two old, cut it in thin slices like toasts, and strewe it over with powdered Sugar, and dry it in a warme Stove: then Sugar it againe when it is dry, then dry it again, and so doe thice or foure times, then box it.

To make Prince Bisket.

35 Take a pound of Sugar, and a pound of fine Flower: beate your Sugar very fine, then take eight Egges, take out two of the Whites, and beate all these together in a Bowle an houre; then take Coffins made of Tinne, and indosse them over with sweet butter within: put to it halfe an ounce of Aniseeds, finely dusted, when you are ready to fill your Coffins, for if it be put in before, it will discolour your bread; or you may lay Wafers all within your Coffins, which is the best way, and so bake it.

To boile Sugar to a Manus Christi height.

36 Boile it untill it be almost Sugar againe, and at the last drop of your spoone there will a haire drop from it as fine as the haire of your head: so boile it.

To boile Sugar to a Candy height.

37 Boile Sugar untill it will draw like a thred betweene your Finger, and your Thumbe.

Preserve all your white Fruits in a Copper preserving Pan tinned within; for any Mettall Use will change the colour of your Fruits.

To make Marmalade of Oranges, or Lemmons.

38 Take faire Oranges or Lemmons, cut them, take out the meate, and boile them tender in faire water, shifting the water seven or eight times to take away the bitternesse; then take them up, and wring all the water from them, and beate them in a stone Mortar with the pulpe of three or foure yellow Pippins; then straine it, and boile it with stirring untill it become thick; then take it from the fire and lay it upon white Paper, and take as much refined Sugar as that pulpe doth weigh, and put it into a Pan with as much Rosewater as will melt it: boile it to a Candy height, and then put in your pulpe into the Sugar, and boile it untill it rise from the bottome of the Pan, ever stirring it; then boxe it, and put it into a Stove uncovered, and when it is dried cover it.

Miscellanea.



Miscellanea.

CHAP. XLVII.

To make Ielly of Fleſh.

TAKE a red Cocke, and a knuckle of Mutton, or the ſinewes, and knuckle of Veale, and a little Mutton, Raiſons of the Sun ſtoned: boile all theſe to pieces; then take it from the fire, and ſtampe the meate and all together in a Mortar, and let it run through a woollen ſtrainer; and when it hath ſtood all night, ſkumme off the top, and ſeaſon the reſt with Sugar, and a little Nutmeg ſliced, and a ſticke of Cinnamon, and a blade of Mace: boile it up, and ſtraine it through a Ielly bagge.

To make Harts-horne Ielly.

1. Put to foure ounces of Harts-horne a quarte, or three pintes of Water, and infuſe it twelve houres in a Pipkin very cloſe, and when it is almoſt enough, put to it a few Cowſlip flowers, Borage, and Violet flowers, and a blade of Mace; then let it run through the ſtrainer, and ſeaſon it with Sugar; put to it the Iuice of a Lemon, and a little Nutmeg ſliced, and boile it untill it will Ielly in a ſpoone; then put a ſprig of Roſemary a little while into it, and ſo run it through your Ielly bag.

To make the Court Ielly.

3 Take three Calves feete, water them all one night; then scald them as you would doe a Pig, and slit them, and take out the long bones; then take a young Cockrell, and dresse him, and after he hath layen one night in water, boile him and the feete together in foure pintes of white Wine, and as much faire Water, untill it be enough; then let it run through a faire strainer into a Bason, letting it stand untill it be through cold; and then take a Knife, or a Spooone, and cut or skumme off the purest from the drosse in the bottome, and put the same into a cleare Pot with three quarters of a pound of Sugar, two ounces of Cinamon scrap, and a little bruised, one ounce of Ginger pared, and sliced, two Nurmegs sliced, and ten Cloves cut, all these being put together, set them on the fire, and boile them untill it be almost enough; then take the whites of fixe Egges, and beate them well together, and put them into your Ielly on the fire, stirring them altogether, letting them boile a good walme, and so take it off the fire, letting it stand untill the heate be well off it, and then take off the uppermost cleane, and let the rest run through a Ielly bag, with a branch of Rosemary twice or thrice, untill it be very cleare.

A Remedy for the Plaxe.

4 R. The inward Rinde of an Oake sapling, boile it in the milke of a red Cow, herewith make Rice potrage, and season it with Cinamon, and some Sugar, and use to eate of it.

For an old Cough, or Ptiſicke.

5 R. Auripigmentum made into fine Powder 3 i. mixe it with Wort, or the Yolke of an Egge, to the thicknesse of a Plaister, and spread it upon Coltsfoote leaves, or new Canvasse cut into small pieces, and burne them one after another upon a Chafingdish, and Coals, and receive the fume into your mouth with a Funnell.

For a Consumption.

6 Boile in running Water a legge of Veale, or Beefe, or a Capon cut in small pieces; skumme away the fat, and froth as fast as it riseth, boile it the space of an houre: then R. Parſeley rootes, Fennell rootes, Tamarisse rootes, Rosemary brances, Hartstongue leaves, *ana*, nu. v. Borage m. ii. Spearemints, Sowthistle, Sorrell, Dandelion, Violet leaves, Hyssop, *ana*, m. i. cut the rootes, and stuffe your Capon with the hearbes, the residue of you hearbes binde in a bundle, and boile with your rootes in the same Earthen vessell: adde thereto a few crusts of Manchet, Raisons of the Sun lib. ss. Currans 3 iiii. whole Mace 3 i. bound in a Cloth, Dates quartered nu. viii. boile all these together with the flesh, untill the Broth be thick, and clammy: adde more Water in the boiling, that the flesh boile not drie; then run it through a lelly bag, after that put it on the fire againe to clarifie: hereof let the Patient take foure, or five spoonfulls at a time.

To make a good Searecloth to skin, and heale.

7 R. Of Deare suet, and May butter *ana* lib. ff. Waxe $\frac{3}{4}$ iii. when these are molten, put to them of *Lapis Calaminaris* beaten, and searfed; when it hath boiled a little while, take it off the fire, and let it run through a thinne Cloth; then dip your Clothes into it, and stroake them smooth; when they be cold sleeke them.

A Medicine for the Spleene.

8 R. White Wine Vinegar, and the Gall of an Oxe *ana*, mingle them together, and set them on the Embers all night to infuse: on the morrow take a blew Cloth well woaded, and wet it in the Liquor, and apply it reasonable warme to the Spleene, and in few daies you shall have helpe.

For an Apostume in the Head.

9 R. Barley flower, and Cummin seeds beaten *ana*, make thereof a Cake with a little Water, and bake it; then whiles it is hot, make a hole in the top, and fill it with Treacle, and hold it to your eare that the breath may goe into your head.

For a weake Backe.

10 R. The pith of an Oxe back $\frac{3}{4}$ iii. Dates sliced $\frac{3}{4}$ ii. boile these in a pinte of Muscadine, and eate thereof in a morning.

For

For the small Poxe.

11. When you perceive the Poxe comming out either on the Patients Breast or Face, make this Posset: R. Of Ale or Beere, which the Patient likes best, make a Posset with new Milke, and take off the Curde, and boile in the drinke one spoonfull of raspt Harts horne, and as many Marigold flowers, sixe or eight leaves of Sorrell, a little Licoras sliced, and scraped, a few Figs cut in pieces: take this blood warme, and drinke no other drinke for two or three daies untill they come out; then have a great care to keepe the Chamber warme, but not too hot in any case; let them eat no fresh meat (if a Feaver accompany the Poxe, untill it be past) nor any broth with Spice, but thinne thicken'd broth boiled with a white Crust; when the Feaver is past, and the Poxe begin to fall, let them eat Bread, and Butter, or a potcht Egge; in all this time let their Beere be warmed with a Toste, and sweetned with Sugar, and when they have drunke, let them eat the Toste to cleanse their mouth, and throate: if the Poxe be in the Eyes, then take red Rosewater, and womans Milke *ana*, and a little loose Sugar finely beaten, every day fresh, and with a feather dresse them often in a day; or you may tye a little bruised Quince seed in a cloth, and soake it in white Rose water, and wash the Eyes, but not above thrice a day, lest you feed the Poxe, neither wash the Eyes except the Poxe be in them; deny them not drinke at any time: when the Poxe begin to look black on the heads, then mingle Parmacete and Oyle of sweet Almonds together to an Ointment, and with a feather anoint the Face at night therewith being a little warmed: this will cause them to scale; then anoint the Face every night
with

with the Ointment of Bacon described before in the Vnguent, and in the morning wash your Face with water of Beane flowers; when they are quite well, it is good to give them an ounce or two of Cassia newly drawne, in some Posset drinke, to purge them: if the Poxe come not out kindly at first, you shall give the Patient of Bezoar powdered small in Posset drinke, according to the strength and age of the Patient, from three to eight graines.

For a Fellen.

12 R. Fine Malt flower m. i. Sope as much as a Wallnut, boile them together in some Beere untill it be thicke; lay this to the place, and change it twice, or thrice in a day.

For buzzing in the Eares.

13 R. A clove of Garlick, pill it, and pricke three or foure holes in the midst of it, and dip it in fine English Honey, and put it into your Eare, and stop your Eare with a little blacke Wooll, and lie upon the contrary side; thus let it rest seven or eight daies.

To stay a Liske.

14 R. A good quantity of Burre rootes, and wash them cleane with running Water; then see the them in faire Watertill halfe the Water be consumed; when you goe to bed wash the soales of you Feete herewith, and if that stay not enough, then wash higher, and it will stay it.

For the Goute.

15 R. A gallon of thy owne Vrine, and a pound of Virginwaxe, and of houseleeke lib. v. set those on the fire together, and let them scald untill the Houseleeke be tender; then bathe thy legs and feete therein thus; take a dishfull of this decoction, and by the fire wash thy feete with this Liquor very hot, and let the remnant of the Liquor stand on the fire to keepe hot; when that dishfull is cold, put it into the hot Liquor, and take another dishfull, and bathe as you did before; doe this for halfe an houre alwaies with hot broth; then take the residence in the bottome of the Pot, and lay it upon a blew Cloth that is well Woaded, either Woollen, or Linnen, and lay it to the soare place, and wrap it well up, and let it lie a day and a night: doe thus untill it bee whole; this will drive the paine downewards, and when it is in thy foote, lay the Plaster all over the Foote and Toes; if the disease be in the Hands, doe as you did to the Feete.

For Earewigges, or any Worme crept into the Head.

16 R. Of the Garlicke that is called *S. Mary* Garlicke, three or foure Cloves, stampe in a Mortar, and lay them in a little cleane Water a good while; then wring out the Iuice with a Cloth very hard, then put of that Liquor into the Eare, and hold that Eare upwards, and it will kill the Worme, or else cause him to come out at the Nose.

For a Fellon.

17 R. Smallage pu. i. wheaten Leaven, black Sope, and the white of an Egge, and wheate Flower; stampe them together, and lay them on a Cloth to the Fellon.

For the stinging of a Waspe, or Bee.

18 If the Sting sticke in the flesh, pull it out, and then take an Almond, and cut it over-thwart, and lay the one halfe upon the Soare, and it will cease the swelling, and ease the paine.

For a Stitch in the Side.

19 R. A pretty big Dish, fill it full of Embers, and lay thereon a handfull of Rosemary leaves; and then lay a Cloth on the Rosemary to keepe it close, and so lay it to the grieved place as hot as can be suffered,

To stay the immoderate Fluxe of Women.

20 R. A good piece of Allome, and seethe it in faire Water till it be dissolved; then take soddan Milke, and with the said decoction make a Posset, presse the Curde from the Whey, and lay the Curde to the secret place, and it will stay it.

A speciall Medicine for the Goute.

21 R. A spoonfull of bay Salt, and as much gray Sope, and the quantity of a Wallnut of Boares grease, Rue, and the hearbe called Rage *ana* m. ss. beate all these in a Mortar untill they come to a Salve; then lay it on a Cloth to the grieve, and renew it once a day.

For the Megrim.

22 R. Of the Juice of Seagreene, Aquavitæ, and the Gall of a Steere *ana*, put together on the fire to warme; then take a linnen Cloth, and bathe your forehead therewith, and your Temples at night when you are going to bed; then dip a double linnen Cloth therein, as much as will cover the Forehead, and binde it to the Patients head all night for two, or three nights together.

To stay the bloody Fluxe.

23 R. A great red Onyon, take out the coare, and fill the hole full of Frankincense, and English Saffron *ana*: then put on the top, and set the Onyon in the Embers, and when it is tender, spread it on a linnen Cloth, and lay the one halfe to the Navill, and the other to the Fundament as hot as may be.

To cleare the Eyes when they are blood-shotten, or sore.

24 R. Of *Lapis Calaminaris* ʒ ss. Sugar Candy ʒ ss. white Wine ʒ i. heate the Stone almost red hot in a cleare fire, then beate it very fine in a cleane Mortar, and mingle it with the Wine, and straine it through a linnen

X x 2

Cloth;

Cloth, then put in the Sugar Candy very finely beaten: put this Water in a Glasse, and when you would use it, shake the Glasse that it may mingle, and so drop a drop or two into the Eye, lying upwards, Evening, and Morning, and lie so a while after. Note that this Stone must bee cleare without red spots, or else it is hurtfull.

For wilde Fire.

25 R. Olde hard Cheese, grate it, and with Honey make an Oyntment, and anoint the place till it bee whole.

For to stay the humour that flowes to the Teeth, and Eyes through the Temples.

26 R. Of Masticke, and Frankincense powdered *ana*, make a Plaister with sufficient white Wine, and the white of an Egge, and lay it to the Temples.

To give present ease to the goute.

27 R. Milke, and boile it, and with Vinegar make a Posset, and binde the Curde hot to the part.

For the Palsy.

28 R. A new Earthen pot, and fill it full of Camomill, and stop it well, and set it in another pot under ground for forty dayes, then take it up, and you shall finde Oyle therein, and anoint the place with that Oyle, if it be in thy Head, anoint thy Forehead, if the Hands, anoint thy Wrists.

To stop a Laske.

29 R. Wheaten Meale, and with the juice of Yarrow, make little Cakes, and bake them, and eate them.

Another.

30 R. Rubarbe ʒ i. grate it, and mingle it with as much Conserve of Roses as will make it up, hereof R. every morning ʒ ff. and presently after it drinke a good draught of warme Milk well boiled, and fast two houres after it, doe thus for three daies, then R. every night before you goe to bed halfe a dram of Diascordium.

For one that is blasted.

31 R. A Hens Egge, and roast it hard, and put the white only into a brasse Mortar, and put to it of Copperas ʒ ii. and grinde them well together to an Ointment, and anoint the Face, and it will coole it, and allay the swelling, and when it is almost whole, anoint it with Oyntment of Popular buds described before.

To stop womens immoderate Fluxe.

33 R. A Hares foote, and burne it to Powder, and drinke it first, and last in stale Ale, till you be whole.

To provoke the montbly Visits.

33 R. A piece of fresh Beefe, boile it in faire Water, and skumme it cleane; when it is enough take it up, and boile in the Broth these herbes following, being

Xx 3

shred

shred small, untill they be soft; Hartstongue, Maiden-haire, Borage, red Mints, Languebeuse, Alisander, and Water cresses, *ana*, eate these hearbes next your heart in a morning for nine daies, and lie not long in bed.

For them that cannot hold their Water.

34 R. The Pissle of a red Deare that is fallen from him, as it doth every yeare; dry the same in an Oven after the Bread is drawne; then beate it to powder, and give the Patient a little thereof in a draught of drinke blood-warme last at night, and first in the morning, and fast for three houres after it.

To stay a Laske.

35 R. A Nutmeg made in Powder, mixe it with a Yolke of an Egge in the shell, the White done away; then heate a Stone hot, and drop a little hereof upon the Stone like little Cakes, and let it bake, and eate of them morning, and evening the quantity of one Egge, and a Nutmeg at a time.

For a Cough, or Cold.

36 R. Aniseeds ʒ i . Licoras ʒ ss . of the best dry Figs nu. x. Raisons of the Sun nu. xx. bruise them small, and boile them in a quart of running Water till halfe be consumed, and give it the sicke to drinke warme morning, and evening, and fast two houres after, and it will remove the Cold from the Stomack.

For the running of the Reines.

37 R. Parsnips sliced thinne, and boiled in red Cowes Milke till they be all Pap, taken cold, morning, and evening; if you adde in the boiling the water of Oaken buds, it will be much better.

*For any Carbuncle, Plague Sore, Botch, Boile,
or Imposthume.*

38 R. Bay Saltwell beaten to powder, sifted, and incorporated well with the yolke of an Egge, and applied, and it will draw to it selfe all the Venome of the Sore, and breake any Boile, and heale it.

*A singular Medicine for Bone ache, in what
place soever.*

39 R. Of Aquavitzæ, and Oyle of Bay ana, mixe them well together, and warme it in a Saucer, and anoint the grieved place from the fire, and keepe it warme.

For all old Aches, and Paines in the Joynts.

40 R. The whole Horne that a Bucke casts off, the later the better; cast away the Scalpe, and take nothing but the Horne: then cut it in pieces, and boile it in a Gallon of faire water untill it come to a pinte, or something more; then straine it, and let it stand untill it bee cold; when you use it, warme some of it in a Saucer, and anoint the grieved place by the fire, and it will cure in nine, or ten dressings.

To cause one to voide Winde.

41 R. The cleare Iuice of red Fennell; and make
Posset Ale therewith, and drinke it.

A good Purge.

42 R. Of Sene \mathfrak{z} i. Coriander seed \mathfrak{z} ss. Cinamon,
Licoras, Aniseeds, Ginger, ana \mathfrak{z} ii. Sugar \mathfrak{z} ii. beate
them into powder, and steepe them in a quart of Ale the
space of foure and twenty houres; then straine it, and
drinke the one halfe at a time: if you will you may take
the other halfe the next day.

To stay bleeding at the Nose.

43 R. A linnen Cloth, and wet it in cold water, and
wrap it about the Patients Cods, and it will stay.

For the bloody Fluxe.

44 R. As much linnen Cloth as will make a Suppo-
sitary, make it up into the forme of a Suppositary, and
soake it well in Aqua compofita, and put it up into the
Fundament.

To stay womens immoderate Fluxe.

45 R. A pinte of Milke hot from the Cow, put in as
much Renner as will serve to turne it to Cheese, and im-
mediatly drinke it up: doe thus for three mornings if
need be, and it will stay.

For

For too much Vomiting.

46 R. Of Speare Mint water $\frac{3}{4}$ iiii. put thereto of the
Sirrup of Quinces $\frac{3}{4}$ fl. and 3 ii. of Cinamon Water,
and take two or three spoonfulls at a time.

For Freckles in the Face.

48 R. The blood of a Hare warme from the body,
and anoint the Face therewith, and it will doe them
away.

For an old leint sicknesse.

49 R. Ants with their Egges, stampe them, and
boile them in faire Water, and bathe the member
therein.

For a Bitch, Boile, or Fellow.

50 R. The curde of a Posset, and lay to it to gather
the corruption together; remove it not in twelve houres:
and if once laying will not serve, then doe so three, or
foure times; then take quicke Lime, and quench it with
faire Spring water, and mixe with it as much blacke
Sope, and lay a little thereof to the Sore: when it is
broken, wash it with white Wine a little warmed, and
then heale it with Butter, and powder of Sugar mixed
together.

To make a Juice of Licoras to stay the Cough comming of Rheume, to be made in the beginning of May.

51 R. Of Licoras $\frac{3}{4}$ iiii. beate it small, and searce it; then R. of Hyssop m. v. or vi. of Foales foote m. iiii. Rosemary flowers m. i. stampe all these together in a Stone Mortar, and straine them into a faire Bason, with halfe a pinte of faire running Water, or Hyssope water; put in your Powder of Licoras, and boile it, and stirre it untill it be as thicke as good Creame; then straine it through a fine Strainer, and set it againe on the fire, and let it see the a good space after, ever stirring it untill it be very thicke; then put in of red Sugar Candy $\frac{3}{4}$ iii. or iiii. and boile them untill they puffle up from the bottome of the Bason,

For a Fellon.

52 R. Raggewort, Rue, Hyssop, ana pu. i. one clove of Garlick, a little piece of sowre Leaven, a spoonfull of Bay salt, and a piece of rusty Bacon; beate all these together, and lay it to very thicke for foure and twenty houres space.

For those that are troubled with Rheume distilling downe their Throate in the night.

53. Of Cumminseeds $\frac{3}{4}$ ii. bruised, Nutmegs sliced, nu. ii. Cloves bruised, the same quantity, the yolkes of two Egges, or two Egges hard roasted, mingle these together, and quilt them in a linnen bagge, and sprinkle the said bagge with very good Aquavita, and lay the said bagge every night to the nape of your Necke.

For

For a Bruise.

54 R. Of the blood of a Pigge \mathfrak{z} iiii. of Vinegar \mathfrak{z} ii. a few crummes of browne Bread, boile all these together untill they be something thicke, and so warme, lay it to the place for the space of foure and twenty houres; doe thus twice, or thrice if need be.

To take away the Morpew, and other filth from the Face, and Hands, and to make a new skin.

55 R. Of white Mercury sublimated \mathfrak{z} i. Camphire \mathfrak{z} ii. Lemons nu. ii. white Sugar \mathfrak{z} i. faire water one pinte and a halfe, put all these into a Glasse, and so let it stand eight or ten daies, and then straine it, and keepe it in a cleane Violl; and when you will use it, wet a cleane linnen Cloth therein, and then put it softly upon the Face, or Hands where the Morpew, or Filth is, and will take it off in short time.

To make the Skin soft, and white after the said Medicine.

56 R. A black Sheepes head or two, and cut off the Hornes, and Skin, and throw them away with the Brain, and eyes; then seeth the Heads in faire water, and skum off the Oyle very cleane, put to this Oyle a little Rose-water, and anoint the Face therewith, and it will make a smooth Skin soft, white, and faire.

*To breed Blood, and bring a good fresh Colour
in the Face.*

57 R. A new Pipkin with a Cover that will hold a pinte, fill it with good olde Muscadine, and halfe a pound of great blew Currans, and the weight of a Shilling of the best Rubarbe cut in slices, and three slices of Ginger: let these stand all night upon the hot Embers, and eate every morning a spoonefull or two of the Currans, and Sirrup.

For the Spleene.

58 R. Ashen keyes, and the Greenwood, burne them, & make Lye of the Ashes: after it hath stood three dayes cleare it; then take Barrowes grease, and wash it in white Wine, and dry it, and beate it with a rowling pin: and when it is well beaten, put it into the Lye, and seethe the Lye, and it to an Oyle: then put into it a spoonefull of Doctor Stephens water, and as much Rose-water; beate it well together, and so put it up to anoint the Side downwards: if you use to drinke Bedward Posset drinke wherein the greene barke of Ashe is boiled, it will much profit: it is also good to use Oyle of Tamariske, and Oyle of Capers to anoint the Side with it.

An approved laxative Whey for the Spleene.

59 R. Of the inner barke of the Ashe tree, Maiden-haire, Hartstongue, Licoras, Aniseeds, Parcele y rootes, Sene leaves, and coddies, *ana* m. i. boile them in a pottle of cleane Whey, untill almost the halfe be consumed; then straine it, and use it first, and last, every day untill you finde health, forbearing to eate or drinke the space of two or three houres after; all the while you doe this, you shall anoint your Side with the aforesaid Ointment.

To stanch Blood in Veine, or Artery.

60 R. Olibanum $\frac{3}{4}$ ii. Aloes Hepaticke $\frac{3}{4}$ i. haire of a Hare a little cut, whites of Egges as much as will serve to incorporate them; make a Stuphe of Flax, and dip it in the Medicine, and apply it cold; let it lye three, or foure dayes: then if it sticke fast, apply the white of an Egge, and Oyle of Roses untill the next day.

To provoke Vomit, and to purge the Belly.

61 R. The rinde of the roote of Elder tree chopped in small pieces, steepe it in Wine the space of a night, and drinke the Wine in the morning.

For the Dropſie.

62 R. Raiſons of the Sun ſtoned lib. i. put them into a pinte of good white Wine, and ſo let them ſtand covered nine, or ten dayes; then eate thereof three or foure times a day, eight or nine at a time.

For the Ptiſicke.

63 R. The tender crops of Mallows, boile them, and butter them as a Sallet with Butter, and Vinegar, and eate them with your meate.

For women with Childe that are ſubject to Miſcarrying.

64 R. The whites of two Egges, beate them well with cleane Water, and ſup them up, when you feele any fright, or ſudden alteration.

For the Cholicke.

65 R. Of the Oyle of ſweete Almonds drawne without fire $\text{ʒ} \text{iii}$. mixe it with a little white Wine, and Pelitary water, and drinke it; then ſwallow a Leaden Bullet beſmeared with Quickſilver, and the Bullet coming preſently forth at his Fundament, will cure him.

For the Sciatica.

66 First, raise a Blister, and let out the Water in it, then R. ground Ivy, and stampe it, and apply it to the Blister with a cloth sufficiently doubled, then R. a Cat, and flea it, and put into the Belly (the garbage being taken out) twenty Snails, shels and all, and so roast it, and to the dripping, put of Oyle of Spike one pennyworth, halfe an Oxe gall, Neats-foote Oyle two spoonefulls. Badgers grease one spoonefull, Oyle of Turpentine two penniworth, Aquavitz one penniworth; mixe them, and therewith anoint the griefe, and keepe it warme.

FINIS.





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nes. p. 64. 19. for cold could, p. 70. 16 are most necessary, &c. p. 74. 6. for
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chocke. p. 149. 21. brasile pow. red. p. 159. 14 chicken broth. p. 171. 14. for
put, pat, p. ibid. 16. and it will take, &c.



